

**Did Rihanna
DUMP Lewis
for
this
guy?**



**KIM'S
HEARTBREAK**
Tears over text
on KANYE'S
phone



STYLE STALKER



**Caitlyn
steals
Ange's
look!**

**3 TIMES IN
3 WEEKS**

NOW

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**'WE'VE
PUT
WEIGHT
ON...
DEAL WITH IT!'**



KERRY

**'George
prefers me
this size!'**



GEMMA

**'I'm so happy
being a size 18!'**



JEN

**'Justin feeds
me carbs!'**



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There's more to life than hair but it's a good place to start



21 September 2015

She's so Now

Flack's on track

Controversial or cool? You decide... but after bouncing back from more love life scandals than Simon Cowell has white T-shirts, declaring *Strictly* 'the best show' (awks) *and* accidentally posting a pic of her nipple on Instagram – just weeks before her aptly titled autobiography *Storm In A C Cup* is released – Caroline Flack is totally winning at life right now. And she's rocking it in the wardrobe stakes too with this sophisticated but sexy look at Simon's end-of-summer party. So step aside Rita and Cheryl, cos Cazza's

the woman
we're all
talking about
right now...

Amy Brookbanks,
Showbiz Content Editor

Cover photos: FameFlynet, Landmark Media, PCN/Barcroft Media, Splash, Xposure. She's So Now photo: Corbis



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MIC's Rosie
nails it, p71



Six new
trends for
autumn,
p60

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This week's **Love** juice

Who's **dating**, **mating** and **hating**

Rihanna's new toyboy?



Ri-Ri finally gets her hands on Travis's album *Rodeo*

Rihanna & Travis Scott

It looks like Rihanna's summer of fun is about to reach an end. The 27-year-old singer, who's recently been linked to... deep breath... Formula 1 champion Lewis Hamilton, 30, Real Madrid footballer Karim Benzema, 27, and basketball star Matt Barnes, 35, now seems to have a new Rude Boi in her life: and he's only 23. After the rapper

co-wrote and produced her single *Bitch Better Have My Money* back in March, it seems Ri-Ri has more than just some loose change for Trav after being spotted with him *four* times last week.

Rumours about their friendship started after they were spotted 'getting close' at 1 Oak nightclub in New York in July, but she also attended Travis's birthday party in April – and now it seems things could be getting serious. Not only did the Bajan beauty gush to her 25 million Instagram followers about 'FINALLY' being able to purchase a hard copy of Travis's debut album, she was then spotted leaving each of his three sold-out New York shows before going out for dinner and clubbing with him afterwards. Play it cool, Ri-Ri...

DATE 1

Out for dinner at the Spotted Pig after Travis's first gig in New York

AGE 27

AGE 23



DATE 4

Cosying up at Roc Nation's block party

DATE 2

Ri was then seen at his second sellout gig at the Gramercy Theatre



DATE 3

Incognito at the Up & Down nightclub? No chance!



Jaime Winstone & James Suckling

After meeting DJ James in March, Jaime, 30, has announced she's 'going to be a mama'. Congrats!



Charlotte Crosby & Max Morley

Love Island winner Max, 22, snogged Char, 25, at a recent do but she says she's still waiting for him to ask her out.



LOVE ladder

Hotting up



Shayne Ward & Alison King

Shayne, 30, told Now recently that he 'wants to start having fun' – and last week he was spotted holding hands with Corrie co-star Alison, 42.



Spencer Matthews & Lauren Hutton

Awks – his rep has confirmed Spencer, 26, and Lauren, 27, have split, but she's still posting selfies of him!

Cooling off

Bringing sexy dad

Justin Timberlake & Jessica Biel

It's no wonder Justin 34, can't stop smiling! Not only is his five-month-old son Silas with wife Jessica, 33, beyond adorable, but JT recently revealed his first word was 'dada'. Appearing on US series The Tonight Show, he told host Jimmy Fallon fatherhood is 'the most insanely amazing, wonderful, unbelievable thing to ever happen to you'.



Secret blogger wedding

Jim Chapman & Tanya Burr

They may have millions subscribed to their every move online, but social media was strictly banned when YouTube power couple Tanya, 26 and Jim, 27, married last week. The stylish pair walked down the aisle at Somerset's Babington House in front of a 'who's who' of the world's biggest web celebs, then posted about it online a few days later. Congrats, guys!



Crush corner

THOM EVANS, 30

Brad the dad?

Bradley Cooper & Irina Shayk

They may only have been dating for five months, but things seem to be seriously hotting up between Brad, 40, and model Irina, 29. Not only did the pair celebrate US holiday Labor Day with Brad's mum Gloria, but Irina was also spotted with what looked like a mini bump. Or maybe it was just too much pasta?



We already knew he was HOT, but these new pics of Thom in a pop-up Miele launderette have just confirmed our love for the former Strictly star. What's more, he's stripped for a great cause: Jeans For Genes day on 18 September.



‘WE’VE GAINED

Take that, body shamers! These celebs may have put on a few pounds recently but they’re still comfortable in their own skin. It seems the tide is finally turning...



Gemma Collins

‘I’m body confident at size 18’

She’s struggled with her weight since joining TOWIE in 2011, but Gemma, 34, has never shied away from saying: ‘big is beautiful’. She lost 3st using a hypno gastric band earlier this year, before going back up to a size 20 and was snapped on holiday last month in a bikini.

Gemma said recently: ‘I did get down to an 18, but filming stresses me out so much that I start putting on weight. It’s about accentuating what you’ve got and being body confident.’ Gemma, who designs her own plus size clothing range for Evans, says: ‘I love who I am – I’m proud of my curves.’ She’s recently embarked on a juicing diet with Jason Vale and has lost a couple of stone following his plan. Keep it up, Gemma!



Mariah Carey

‘I don’t want to be size 0’

Mariah’s become as famous for her yo-yo weight as she is her amazing vocal range. But since she started dating billionaire James Packer in June, she’s given up worrying about her figure.

The 45-year-old, who’s mum to four-year old twins Monroe and Moroccan, is estimated to weigh around 10st 4lb. Mariah says: ‘I don’t feel like you have to be a size 0. We should all embrace who we are physically. The scales aren’t something to be a slave to.’



D WEIGHT

– so what?!



Jennifer Aniston

'I've gained a couple of pounds, but it's worth it'

Jen's always prided herself on being slim and toned – but she relaxed her attitude when she met Justin Theroux. She's gained a few pounds thanks to Justin's skills in the kitchen and now weighs an estimated 8st 7lb. 'Like, hello carbonara! It's a killer,' Jen, 46, said recently. 'The last couple of years since meeting this man have made me gain a couple extra pounds. But it's all worth it.'

The actress maintains a strict daily workout regime of 45 minutes of cardio and 20 minutes of yoga, but she's eased up on her training schedule after her surprise wedding to Justin, 44, last month and their lavish honeymoon in Bora Bora.



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Kerry Katona

'George prefers me this size'

Kerry has made no secret of the fact that she struggles with her weight. After going from a size 8 to a 12 earlier this year, she then lost a stone, revealing: 'I ditched sugar and blitzed my booze belly.' But on holiday in Spain with husband George Kay last week the mum of four showed off a curvier size 14 figure in her bikini. 'I put on weight quickly but I drop it fast, too,' the 35-year-old said when she was a size 12. 'For me, it's not about being skinny. George prefers me at this size so if I really wanted to stay this way, I could, but I hate feeling a bit unhealthy.'



Cara Delevingne

'My body is a roller coaster!'

She's one of the world's top models, but Cara, 23, is fed up with the pressure to slim down. In May, she said: 'It's horrible living in a world where I'll get a call saying: "So-and-so says you need to lose weight."' Cara weighs around 8st but admits her weight fluctuates. 'After turning 20 and eating McDonald's all the time and drinking too much, it started to show on my stomach and my face,' she admits. 'I say: "My body is a roller coaster – enjoy the ride!"'



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Chanelle Hayes

'Size doesn't define sexiness'

She's been open about battle with her weight in the past but it seems Chanelle has finally decided to take a more relaxed attitude to her diet after putting on weight on recently. She's told *Now*: 'Women's bodies should be less about size and more about shape. Size doesn't define sexiness.'

The mum of one has put on 2st 7lb over the past year after an injury made exercise impossible. Chanelle, 27, weighed 13st at her heaviest in 2013, but had got down to 8st 8lb last year. She admits: 'I think about food all the time – I need my jaw wired! I can eat three packets of biscuits a day. They're really addictive. I actually think I have compulsive eating disorder.'



Words: Lucretia Munro and Sarah Fitzmaurice. Photos: FameFlynet, Xposure, Rex, Pacific Coast News, Splash, Film Magic

Pink

'I feel beautiful'

Her impressive physique left fans gobsmacked on tour but Pink, 36, has been open about putting on a few pounds since then. Mum to four-year-old Willow, Pink – who's an estimated 9st 2lb – makes no apologies for it either. 'I feel beautiful!' she says. 'I eat a lot on tour because I work out four and a half hours a day: a two-hour show plus yoga, cardio and flying apparatuses. But I don't change my eating when I get home. Everyone asks what I'm going to do after. And I say: "Get really fat and happy."'



Holly Hagan

'Curvy girls look better naked'

With a figure estimated at a size 10, Holly's put on a few pounds since she lost 3st and shrank to size 8 last year. 'My weight has been a constant battle I've gone from too fat to too thin,' she's admitted. 'I'm far from body confident, but I've learnt to accept how I look.' Holly, 23, is now 9st 10lb and determined not to be too skinny, adding: 'I'm curvy and curvy girls look better naked.'



Angelina's Copy

'I just love her

Caitlyn Jenner's taking style inspiration from Angelina Jolie – and who can blame



SMART CASUAL

At daughter Kylie's 18th birthday party on 9 August, Caitlyn wore a chic black ensemble with a leather jacket. Ange sported an identical look in 2010 to promote her film *Salt* at Comic-Con.



Ever wondered how Caitlyn Jenner always looks so photo-ready since her public unveiling in June? Well, Now has the answer. As well as stealing a few tips from her stepdaughters – including Kim Kardashian – and her ex-wife Kris, Caitlyn, 65, has enlisted the help of Angelina Jolie's stylist Jennifer Rade to help develop her fashion sense.

The stylist even made an appearance on the reality show *I Am Cait*, where Caitlyn admitted that Angelina, 40, is her fashion inspiration. Speaking about her style icon, Caitlyn says: 'I just love her look. Very casual, very elegant, chic.' And to prove it, she was seen out in three Ange-inspired outfits in just three weeks! Well, they say imitation is the sincerest form of flattery. Just check out the evidence...

Ellen and Caitlyn feud over same-sex marriage

Caitlyn was overwhelmed with the acceptance she received after revealing her gender transformation on the cover of *Vanity Fair* in June. But it looks as though she may have lost one of her biggest supporters: talk show host Ellen DeGeneres.

When Caitlyn appeared on *The Ellen DeGeneres Show* last week, she gave her views on same-sex marriage,

saying: 'I'm older than most people in the audience and I kind of like tradition, you know, and it's always been a man and a woman. If that word

"marriage" is really, really that important to you, I can go with it.'

But that didn't go down too well with Ellen, 57, who's been married to actress Portia de Rossi since 2008. Appearing on Howard Stern's radio show afterwards, Ellen said of Caitlyn: 'She still has a judgement about gay marriage. And I said: "You're wanting people to understand and accept you... and you still have a judgement about gay people and marriage."' Oh dear.

Cait's traditionalist views baffled Ellen



RED-CARPET READY

Ange turned heads in this white floor-length Atelier Versace gown at the premiere of *The Tourist* in 2010. When Cait made her first public appearance accepting the Arthur Ashe Courage Award at the ESPYs on 15 July, she knew all eyes would be on her, so out came a very similar dress by the same designer.

Cait look,

her?



OFFICE-GIRL GLAM

Wearing a leather pencil skirt with a silk blouse, Ange cut a sophisticated appearance when she attended the New York Film Critics Awards in 2012. So it's no surprise we saw Caitlyn taking inspiration from her idol again in this oh-so similar outfit for a meeting in Beverly Hills on 27 July.



Cait has enlisted the help of Angelina's stylist Jen

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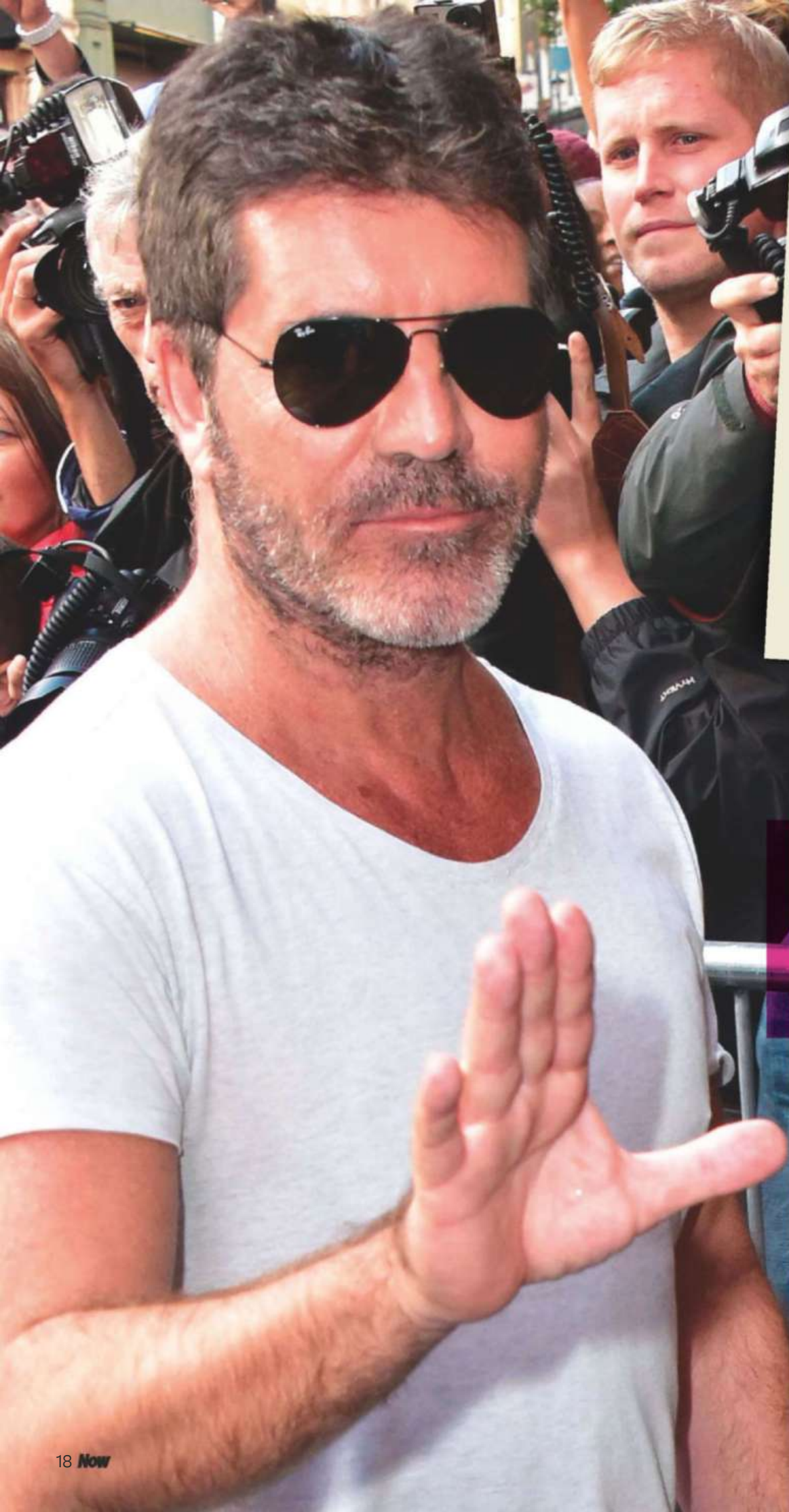
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Simon 'IT'

The X Factor judge has cut back on his social life to concentrate on his family

Simon Cowell and his famous harem's annual trip to Barbados had become as much of a tradition as mince pies and Father Christmas. Every year without fail we've been treated to snaps of a bare-chested Simon

Will Lauren soon
be the only
member of Si's
girl gang?



Simon tells his harem: 'S OVER!'

along with his pack of beautiful exes – until now. As our well-placed source exclusively tells us: 'The harem is officially over.'

The 55-year-old has famously surrounded himself with his ex-partners including Sinitta, Jackie St Clair, Mezhgan Hussainy and Terri Seymour for years, with the group regularly hanging out together on his luxury 196ft yacht the Slipstream in the Mediterranean or at his plush property One Sandy Lane in Barbados.

But since his partner Lauren Silverman gave birth to their son Eric on Valentine's Day last year,

Simon's priorities have changed. And that means leaving Jackie, ex-fiancée Mezhgan and the rest of the girls freezing in England while he jets off to the Caribbean in December.

Our source says: 'I don't think you'll see that group of friends together again. There'll be no more Barbados trips. Everything's changed for him – including who he spends his time with.'

The X Factor judge sent a clear message that his playboy days

are well and truly over when he holidayed on the party island of Ibiza with just Lauren, 39, and their 18-month-old son Eric

last month. And last week at his company Syco's annual end-of-summer bash at Kensington Palace, most of the girls were absent, with only Sinitta attending.

Simon and Lauren instead spent the evening with work colleagues Amanda Holden, Alesha Dixon and Caroline Flack.

'This is a massive difference compared to Simon's previous

situation,' reveals our source. 'It shows how much being a dad has changed him – and it demonstrates his respect for Lauren.'

'Simon knows The X Factor now takes up half his year, so he wants quality time with Lauren and Eric on their breaks, away from all the madness and chaos of the show. Lauren also divides her time between London and New York to spend time with her nine-year-old son Adam by her ex-husband Andrew. Simon feels he should be giving Lauren and Eric his undivided attention instead of jumping onto yachts with his exes like

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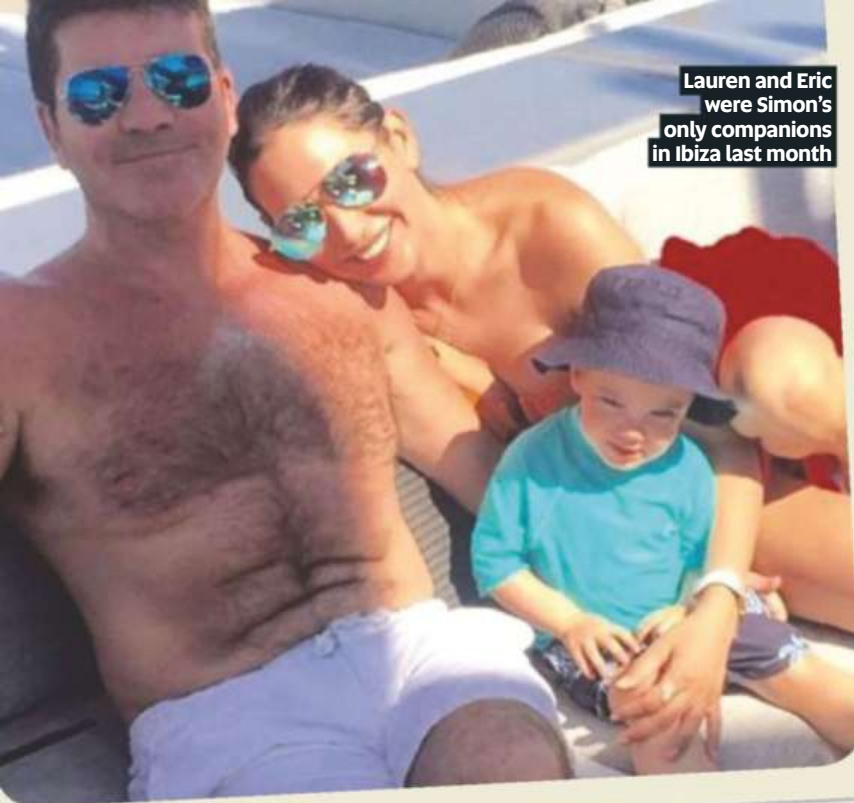


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Lauren and Eric were Simon's only companions in Ibiza last month

he's done in previous years.

'He's made Lauren his priority and, understandably, she doesn't enjoy that lifestyle any more.

It must have been awkward for her being surrounded by Si's exes.'

Obviously Simon's new priorities haven't gone down well with the women who were such a big part of his life for so many years. 'The girls aren't happy,' says our source. 'They feel they've been pushed to the side. Before Simon and Lauren got together, Lauren was happily one of the harem, too. Of course he's had a baby and life is different

now but none of them expected it to change so much.

'It was a shock for Simon when he found out he was going to be a dad. It wasn't an ideal situation

as Lauren was still married to Andrew, but they all rallied around him. They'd all been friends for years.

'People just don't see him any more. Jackie's gone. Mezghan's gone,

Terri's gone. The love boat has well and truly sunk – it's over! It wasn't at all what they wanted, but enough is enough.'

The only member of the group who seems to have maintained close ties is Sinitta, 52. 'With Sinitta it's a bit more

complicated,' says our insider. 'She'll probably still do judge's houses with him for The X Factor but it's unlikely you'll see her in the studio as in previous years. Even last year, Lauren sat in the seat that Sinitta always had, just behind Simon right at the front. But as Simon is godfather to her kids Wilner and Magdalena and has been a big support to her through most of her life, it's no surprise she's still keen to save their friendship.'

Simon had

always previously enjoyed being surrounded by beautiful women vying for his attention – and even admitted in Tom Bower's biography *Sweet Revenge* that he played them off against each other. He said: 'I want to be happy, have good people around me. I want to be free and I don't want to be bored.

'I'm attracted to crazy women. I encourage crazy behaviour and I make them crazy. I'm attracted to certain personalities who are difficult to control, so there are tantrums, tears and fights, which is all part of the drama. My life is really odd. Every girl wants to be number one and they're very territorial. I like the fight because otherwise I'd have a dull group of girlfriends.'

'He may propose!'

Sex and relationship expert Annabelle Knight says:

'Simon's world has changed dramatically – the arrival of a baby has had a huge impact. Gone are the days of being footloose and fancy-free as he steps into the doting dad role.

'We can see this affecting Simon in a huge way. He's always been close to his exes, but since Eric's arrival this seems to have stopped. This is completely normal for anyone with a new baby. You stop seeing friends and your whole world becomes completely different almost overnight. Lauren may also have had something to do with his change of

heart. Any woman who's just given birth would expect her partner's full and undivided attention and support.

'In the past Simon's admitted playing women off against each other for his own amusement. This appears to be the behaviour of someone who isn't ready to grow up emotionally. It's clear that Simon's a changed man now – instead of short-term enjoyment, he's working towards building a strong family unit. It wouldn't surprise me if Simon cemented this by popping the question to Lauren.'

Who were the harem?



SINITTA

They dated on and off between 1985 and 2000. Not one to hold

back, Sinitta once called him an 'excessively horny salty dog'. When she heard about Lauren's pregnancy, she Tweeted: 'Something's just happened... half miracle, half nightmare #wakemeup iwantogetoff!!!'



JACKIE ST CLAIR

Former Page 3 model Jackie, 55, met Simon through his brother Nick and dated

him in the 70s. Pre-Pop Idol, she got tired of unemployed Simon being unable to afford things and ended it, but they stayed pals. Although a key member of the harem, she hates Sinitta!



TERRI SEYMOUR

Simon dated Terri, 40, from 2001 to 2008 and they lived together until she

dumped him. But they stayed close, with Terri saying: 'We'll often speak to each other five, even 10 times a day.' She now has a daughter Coco with boyfriend Clark Mallon.



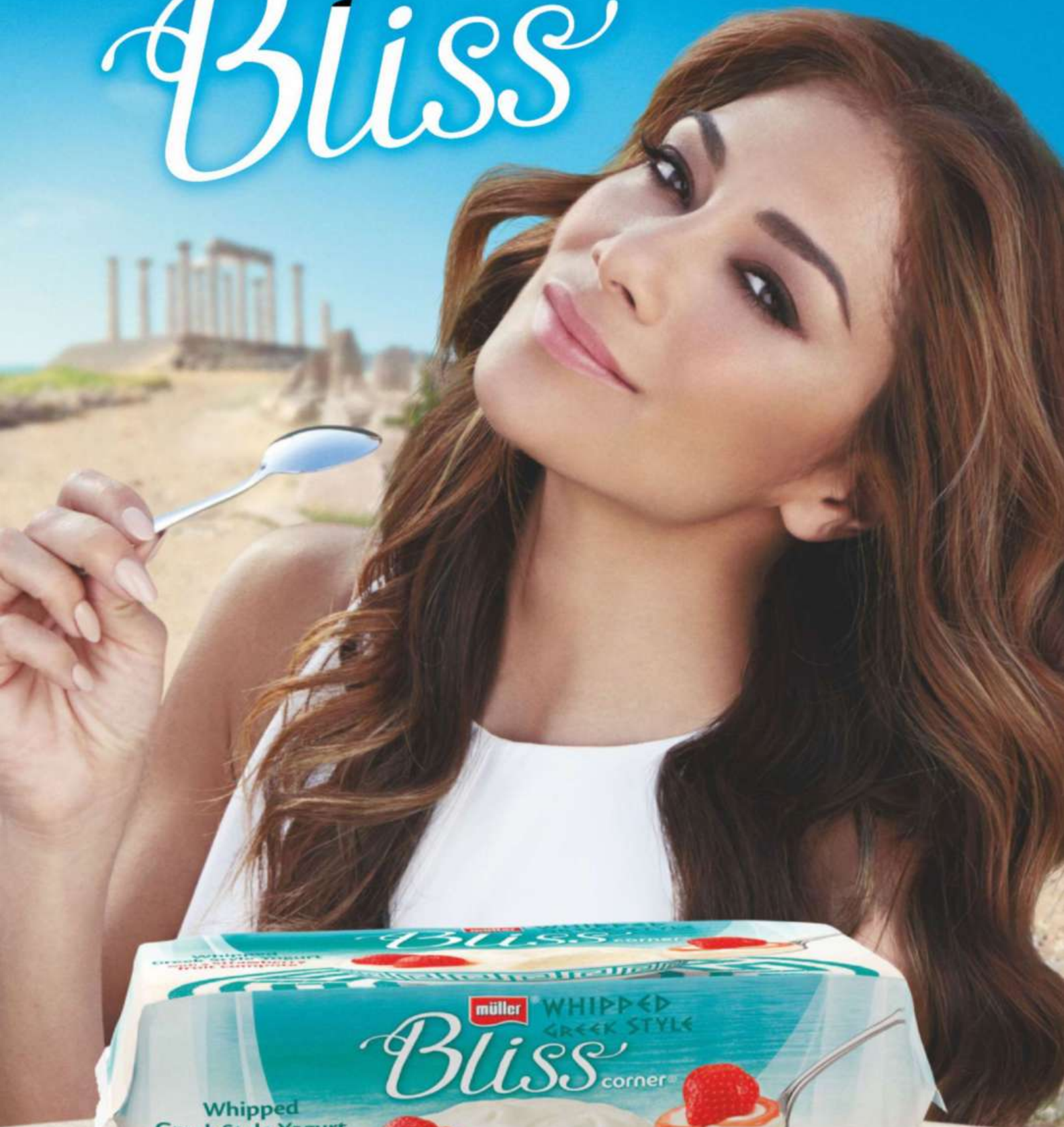
MEZGHAN HUSSAINY

Simon met Mez, 41, when she worked as his make-up artist in 2003, but

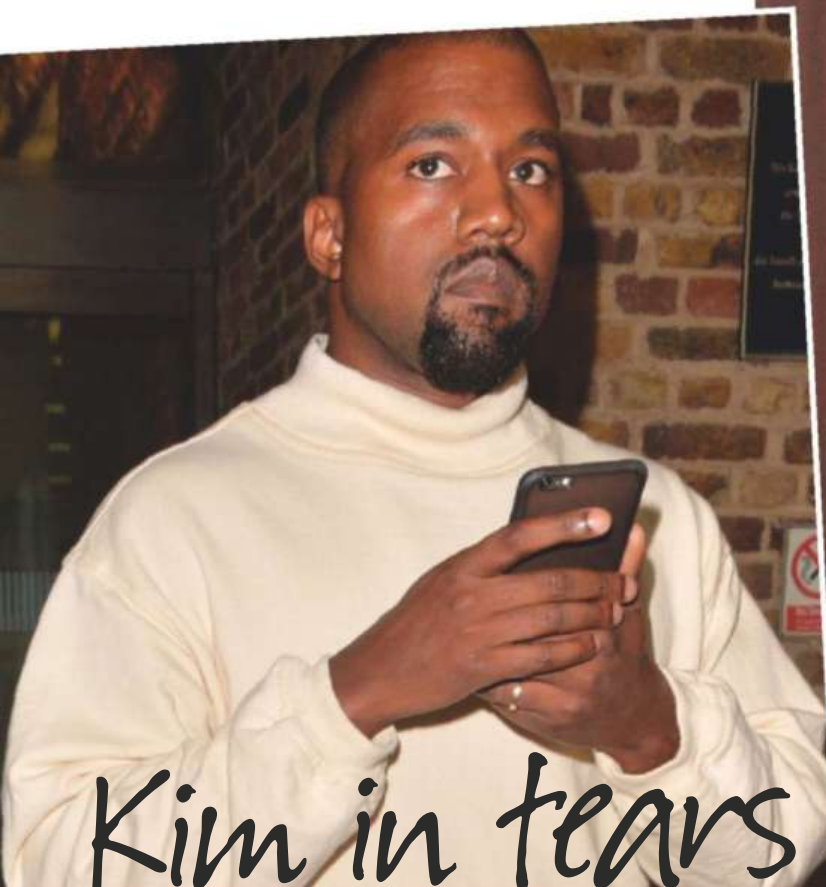
they only started dating in 2009. They got engaged in February 2010 but split in 2011, with Simon later saying it was a mistake to get engaged. He bought her a £5m LA mansion as a parting gift.

*So creamy
it's sheer*

Bliss



Kim's 'intimidated' by Kanye being in contact with his first love



Kim in tears 'I'm scared Kanye will leave me!'

The pregnant star finds a text from his ex on his phone

Pregnant with her second child, Kim Kardashian's understandably feeling the strain as she juggles her jet-set lifestyle with being a

mum to daughter North, two. And while she's previously praised her husband Kanye West for his support, there could be trouble in paradise after she found a text on his phone from an ex-girlfriend.

A source tells *Now*: 'Kim went ballistic and accused him of cheating on her.' Kanye, 38, categorically denied it. 'Kim was so wound up she burst into tears and stormed out,' the source adds.

The ex in question, Sumeke Rainey, dated Kanye before he was famous. According to those close to the couple, they were deeply in love. 'Kanye still has a soft spot for her,'

says a long-time pal. 'They were engaged and talked about where they'd live, how many kids, the lot. When Kanye's mom Donda died in 2007, Sumeke was one of the first to reach out to him. She was very close to Donda, who treated her like a daughter.'

'Kanye still calls Sumeke every 2 July on the anniversary of her dad Charles's death. He promised Charles in 2001 he'd marry her and feels bad he broke that promise. But things fizzled out and she let Kanye go. She's now happily married and lives in Chicago, but won't hear a bad word about him.'

Although Sumeke's texts to Kanye were innocent, in Kim's

mind they were bordering on flirtatious. A source says: 'Kim's hormonal due to her pregnancy and self-conscious about her body. She's feeling vulnerable.'

Highlighting the recent strain in their relationship, when Kanye accepted his MTV VMAs gong on 30 August he didn't even mention Kim, 34. Now, despite there being no evidence that it's the case, Kim fears Sumeke's trying to lure him away. The pal says: 'Kim and Sumeke have never met and don't want to, although Kanye offered to introduce them. Sumeke was his first true love and Kim wouldn't be Kim if she wasn't a bit intimidated by that.'



Sumeke dated Kanye before he was famous

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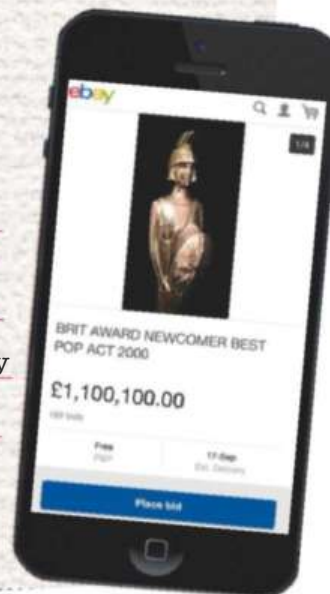
Going, going, gong!

ABZ FROM 5IVE SELLS HIS BRIT AWARD

You would've thought an award would take pride of place at a winner's home – but not for 5ive's Abz, who's now flogging the Brit Award the band won for Newcomer Best Pop Act in 2000. In the listing for the gong, Abz, 36, wrote: 'Take advantage of my poverty and grab this opportunity to own a bit of pop history.' He's hoping the money he gets will fund some topsoil and new tools for the farm he now lives on. But if you want to nab the award, it'll cost you – bids had already reached over £1 million as Now went to press!



5ive proudly
show off the
award at the
Brits in 2000



Cole to Newcastle

Cheryl revisits her roots working at Greggs for the day

We've always known Cheryl Fernandez-Versini was still a regular Georgie lass at heart. And she proved it last week by taking a trip to her native Newcastle and returning to the place where many of her childhood meals came from: Greggs.

Cheryl, 32, took a break from her X Factor judging duties to sell her new Belgian Chocolate Crunch Bar to customers. She

launched the chocolate in partnership with Greggs last month to support her charity Cheryl's Trust, which helps disadvantaged children in the north east – 5p from every bar sold goes to the charity. Cheryl even made sure she dressed for the occasion in a jumper the same colour as the Greggs uniform!

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X marks the slot

Chris returns to the airwaves



Chris is half the man he used to be!



It's been a while since we've heard from Chris Moyles. The 41-year-old left Radio 1 back in 2012 and looks a *lot* different to his breakfast show days, having slimmed down drastically – and now he's got an exciting

new job to go with his mansformation. Chris will make his radio comeback presenting the breakfast slot on Radio X – the new name for XFM – starting on Monday. We're happy to have you back, Chris!

Six-packing a punch

MUSCLY MARIO

Mario Falcone's been keeping quiet after announcing he was quitting TOWIE last month. But last week the 27-year-old shared some topless pics of himself, showing off an impressive six-pack. Sorry, we need to pick our jaw back off the floor.



NEED TO *know* NOW!



Sam's in 007th heaven to be singing the theme song

Spy with me

THE NAME'S SAM. SAM SMITH

After months of speculation, Sam Smith finally confirmed he has the honour of singing the theme song for the new James Bond film Spectre, which hits cinemas next month. After posting a cryptic close-up pic of his hand sporting a ring with an octopus logo on it, Sam, 23, revealed on Radio 1 that he's recorded a song called Writing's On The Wall for the movie. He added that he's 'so excited to be a part of this iconic British legacy', joining the likes of Shirley Bassey and Adele in the line-up of Bond theme singers. Congrats, Sam!

We're loving the Spectre vibes!

The Price is late

Katie delays her autobiography

We've been itching to read all the goss from Katie Price's hugely anticipated next autobiography Reborn. But it seems we'll have to wait a while longer because the book's publisher Penguin Random House last week confirmed that the release date for the 37-year-old's tell-all tome has been delayed until October 2016! With Katie having hinted previously that it includes references to famous exes, we're dying to get our hands on it. Don't keep us waiting, KP...



Wow! HAVEN'T THEY GRO



Age three

PAX, 11



MADDOX,
14



SHILOH, 9

VIVIENNE, 7

KNOWLEDGE



Age four



Age 11
months



'TWIN?

The Jolie-Pitt kids flew into Britain last week – and it's all change...

Age two

ZAHARA, 10

Age two

OX, 7

Age six months

Remember when Angelina Jolie adopted baby Maddox and our ovaries collectively sighed? Then she got together with Brad Pitt in 2005 after meeting on the set of *Mr & Mrs Smith* and the couple quickly expanded their family to the size of a small country – well, a hamlet – before they married last year. Now Angelina, 40, and Brad, 51, certainly have their hands full with their six-strong brood. And it looks like they've all grown up!

MADDOX

Ange adopted Maddox from a Cambodian orphanage in 2002, when he was just seven months old, after she filmed *Lara Croft: Tomb Raider* there. The eldest of the clan is keen to follow in his parents' footsteps and has already acted in the movie *World War Z*. He's also been spending a lot of time on the set of the film Ange is directing – *First They Killed My Father: A Daughter Of Cambodia Remembers* tells the story of a survivor of the brutal Khmer Rouge regime in Cambodia. Angelina said: 'As Maddox and I prepare the film we'll be side by side learning about his country. This is a very important time for him to understand who he is. He's my son but he's also a son of Cambodia.' Aww.

PAX

Pax was three when he was adopted from an orphanage in Ho Chi Minh City, Vietnam, in 2007. Now he's very much the chef of the family. Earlier this year Angelina revealed: 'Pax loves to cook,' and after the couple forgot to order a wedding cake for their big day he stepped in to bake a sweet treat for the event. He was also on hand to help dad Brad at Thanksgiving, too.

ZAHARA

Ange adopted Zahara from an orphanage in

Ethiopia in 2005 when she was just six months old. According to her parents she's one of the loudest members of the family. 'Zahara is possibly the funniest person I have ever met in my life. She's definitely the biggest personality in the house,' says Angelina. Like her sister Shiloh, Zahara is quite the talented footballer, too.

SHILOH

Ange and Brad's first biological child was born in Namibia in 2006. Her androgynous look has hit headlines, along with reports she prefers to be called John – and there's little doubt she totally rocks her own individual style.

'SHILOH REALLY WANTS TO BE A BOY'

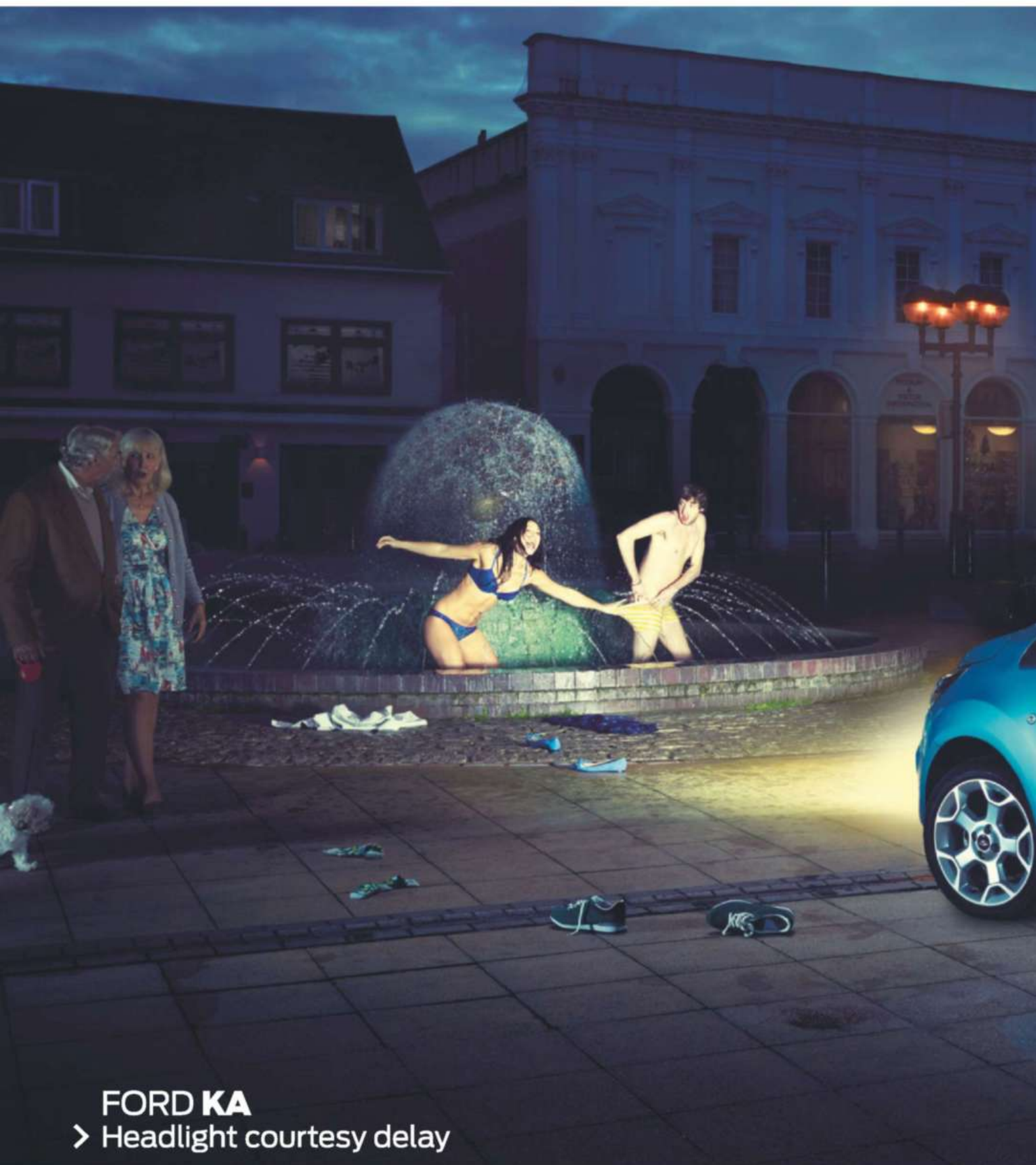
Speaking about her daughter's fashion choices Angelina said: 'Shiloh, we feel, has Montenegro style. It's how people dress there. She likes tracksuits, she likes suits – she likes to dress like a boy. She wants to be a boy. So we had to cut her hair. She likes to wear boys' everything.'

KNOX & VIVIENNE

The youngest members of the family were born in Nice, France, in 2008. Speaking about the twins Angelina has said: 'Knox and Viv are classic boy and girl. She's really female and he's really a little dude.' Viv is the only one of their children to have starred alongside Angelina on screen so far. Speaking of Vivienne's role in *Maleficent*, Angelina revealed: 'The other three- and four-year-old [performers] wouldn't come near me. It had to be a child who liked me and wasn't afraid of my horns and my eyes and my claws. So it had to be Viv.'

On a trip to Japan three years ago





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Celeb SHOPPING SELFIES

What have the stars been shopping and sharing this week?

KYLIE JENNER

If we ever needed gymspiration, it's Kylie, looking gorgeous in her pink sports bra.



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Hollywood

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KELLY SHOWS OFF KILLER CURVES

Now

Lying on a yacht with her pet Pomeranian Polly, Kelly Osbourne, 30, showed off her enviably slimline, toned body last week. For once, Kelly didn't face any body criticism – one fan said she looked 'lovely', while others praised her amazing bikini bod.



Kelly and pooch Polly soak up the sun

Hot on a yacht!

Jess accused of 'deception'

Last week wasn't a great one for Jessica Alba – her 'all-natural' products company is being sued for allegedly being 'deceptive and misleading'. Consumer Jonathan Rubin has filed a lawsuit claiming that many of the products from The Honest Company in fact contain synthetic preservatives. Some customers are also claiming they got sunburnt after using the company's SPF30 sunscreen. Jessica, 34, has described the allegations against the company as 'baseless and without merit'.



Jess has been feeling the heat



A pram for Cam soon?



Drew with Olive and Frankie



Proud mum Lucy with cherubic son Rockwell

Charlie's little angels!

It looks like all three of Charlie's Angels may soon be mums! Cameron Diaz is rumoured to be expecting with Benji Madden, while Drew Barrymore has two children Olive and Frankie with hubby Will Kopelman. And last week Lucy Liu, 46, posted a pic of her

baby son on Twitter.

Lucy captioned the pic: 'Introducing the new little man in my life, my son Rockwell Lloyd Liu. In love.' Lucy used a gestational surrogate to become a mum, meaning the surrogate was implanted with an embryo created by IVF. Lucy's spokesperson said in a statement: 'Mom and baby are healthy and happy.' Aww, congrats!

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I'm not a Mean Girl. I always tip

LINDSAY HANGS OUT WITH HER UBER DRIVER!

Lindsay Lohan reportedly got on so well with an Uber driver after she hired his cab that she invited him out for a meal! The unnamed driver said of his lunch with Li-Lo: 'She asked if we could hang out together in the near future. A few weeks later she called and we ended up in Santa Monica for lunch.' The driver added he didn't get a romantic vibe from Lindsay, 29 – just a sense she needed someone to talk to. He said: 'I think she's lonely and wants genuine, caring people in her life. We hugged goodbye and since then I haven't heard from her, but she was great company.'

When Harry Met Sally – Muppet style



OMG, Sesame Street has spoofed one of our favourite 80s films: When Harry Met Sally! In the Muppet version, Cookie Monster and his blonde friend Sally initially grate on each other, but by the end of the date decide they can actually be friends.

Set in a replica of the famous Katz's Delicatessen in New York, the scene opens with the hungry Cookie barging past Sally and the rest of the customers waiting to order. They even spoof that orgasm scene – but being a kids show, it's her dessert Sally's enjoying too much!



Designer diaper bag

Most new mums just want a holdall they can bung their babies' nappies or vom-stained clothes in – but not Blake Lively. She's designed her own oh-so-glam distressed leather nappy bag, which will set you back nearly \$840 (£550)! The 28-year-old actress has named the bag after her nine-month-old daughter James with husband Ryan Reynolds. Er, cute.

Owen opens up

Owen Wilson, 46, has revealed his dad Robert, 74, has Alzheimer's disease. The Meet The Parents star, whose brothers Luke and Andrew are also actors, said: 'You just have to do your best to deal with it. You've got no choice but to accept it and then you sort of still look for the things to be grateful for.'



Taylor's boat shock

Taylor Swift, 25, had bit of a shock last week when a boat worth \$150,000 (£98,000) was torched near her home in Rhode Island. The 35ft cruiser didn't actually belong to her, despite vandals painting 'property of Taylor Swift' on the side, and police are now carrying out an arson investigation.



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DENISE

'I don't believe in "the one"'

Her latest relationship may be hotting up, but Denise Van Outen reveals she doesn't believe in one true love and prefers to live in the moment...



'MY DAUGHTER BETSY IS MY PRIORITY'

Denise Van Outen has a lifestyle that would make most of us green with envy. Since her split from husband Lee Mead in 2013, she's been throwing herself into her work, recently finishing a stage production of *Sweet Charity* with her *Girls Aloud* star pal Kimberley Walsh. But it's not just her professional life that's gone from strength to strength – her love life has, too.

Denise, 41, who's mum to five-year old daughter Betsy, has been dating gorgeous stockbroker Eddie Boxshall since March 2014 after they met through a mutual friend. Here, she talks to us about love, *Strictly Come Dancing* and why Victoria Beckham needs to shut it...

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WELCOME TO THE
WORLD OF



Hi Denise, how are you?

I'm good, thank you!

The last time we saw photos of you, you were enjoying a date night with your boyfriend Eddie. How are things between you?

Really good. Yes, really good!

You look so loved-up. Would you say he's 'the one'?

At my age, I've already been married so to be honest I don't live my life looking for 'the one'. I just like to live in the moment and enjoy it.

Would you consider getting married again if Eddie does pop the question? Or maybe having more children?

I really haven't thought that far ahead. I've got a five-year-old daughter and she's my priority. Having more children is the furthest thing from my mind.

Betsy seems like a really confident little girl. Does she take after you in that way?

She can have her moments of shyness, like all kids. I wouldn't say she particularly likes to be the centre of attention. She's not the first to jump up and go and push herself to the front. I was pretty confident when I was growing up. I've got a brother and sister but my sister was less outgoing than I was, so my mum said that as a parent she had to adapt her parenting skills because every child's different. But it's all about having a good communication with your kids or your child – being able to just sit down and talk about everything, just about their day.

You're working on a campaign to help kids with their confidence...

Yes, it's all about making sure your children have got lots of confidence in all walks of life really, so they can look out for themselves. Some kids



Denise partnered James Jordan on Strictly in 2012 when they were runners-up

wet the bed due to the fact they haven't been able to train properly, but for other kids sometimes that can be emotional – maybe due to lack of confidence.

Has Betsy grown out of the bed-wetting stage now?

If she stays somewhere completely different, she's not always upfront if she needs the loo. She'll do that typical kid thing of: 'I'm alright' so you get the odd accident,

but they're few and far between now.

You're very much a hands-on mum, so how do you manage to look so put-together when you're working and looking after Betsy at home?

It's tiring! I'm glam when I'm working, but when I'm just

at home I'm not glam at all. There's another side that people don't see. I'm very lucky that I've got a lot of people around me who can help out.

So you're not one of those yummy mummies who dresses up to the nines for the school run?

No, oh no. For the school run and stuff like that I'm just in leggings, trainers and a jumper.

As a former Strictly Come Dancing contestant, are you watching the new series and do you have any tips for this year's line-up?

Just enjoy it. Just really enjoy it because it's a lot of fun. It's such hard work, but it is fun.

After so many of the professional dancers have had relationships with their celeb partners, what do you think about the 'curse of Strictly'?

I don't know – I think it happens

IT'S
HARD
WORK
BUT IT
IS FUN



She's been working on Sweet Charity with Girls Aloud's Kimberley Walsh

all over. It's just because it's such a big successful show that it's highlighted. It happens in every office, every job.

True! You grew up in Basildon and are famously proud of your Essex roots, so you must have been put out when Victoria Beckham recently described it as 'not a very nice place'...

Well, she's not from Essex is she? If she really was from Essex she wouldn't say that. You wouldn't disrespect your own county!

Denise is supporting DryNites' Confident Kids 24/7 campaign. Find out more at drynites.co.uk/support-for-parents/confident-kids-247



'It's all about giving your children confidence'

MILLIE MACKINTOSH

You know what they say: couples who bathe together stay together. Good thing Professor Green was in the bath with wife Millie to save her modesty!



LIAM PAYNE

Uh-oh! Liam was the, er, butt of criticism from fans when he was seen with a ciggie on a private jet.



KATIE HOLMES

Is Katie holding up that make-up bag to describe herself? She might as well be! If only we looked as good in a sleep mask.



Ascend it like Beckham!



David with Olive, who seems to have levitation skills!

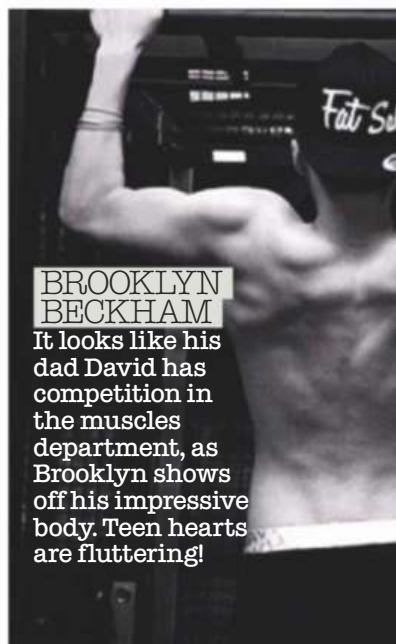
DAVID BECKHAM

The Beckham brood has grown again. No, Harper won't have a younger sibling anytime soon – the family have got a gorgeous new dog called Olive.



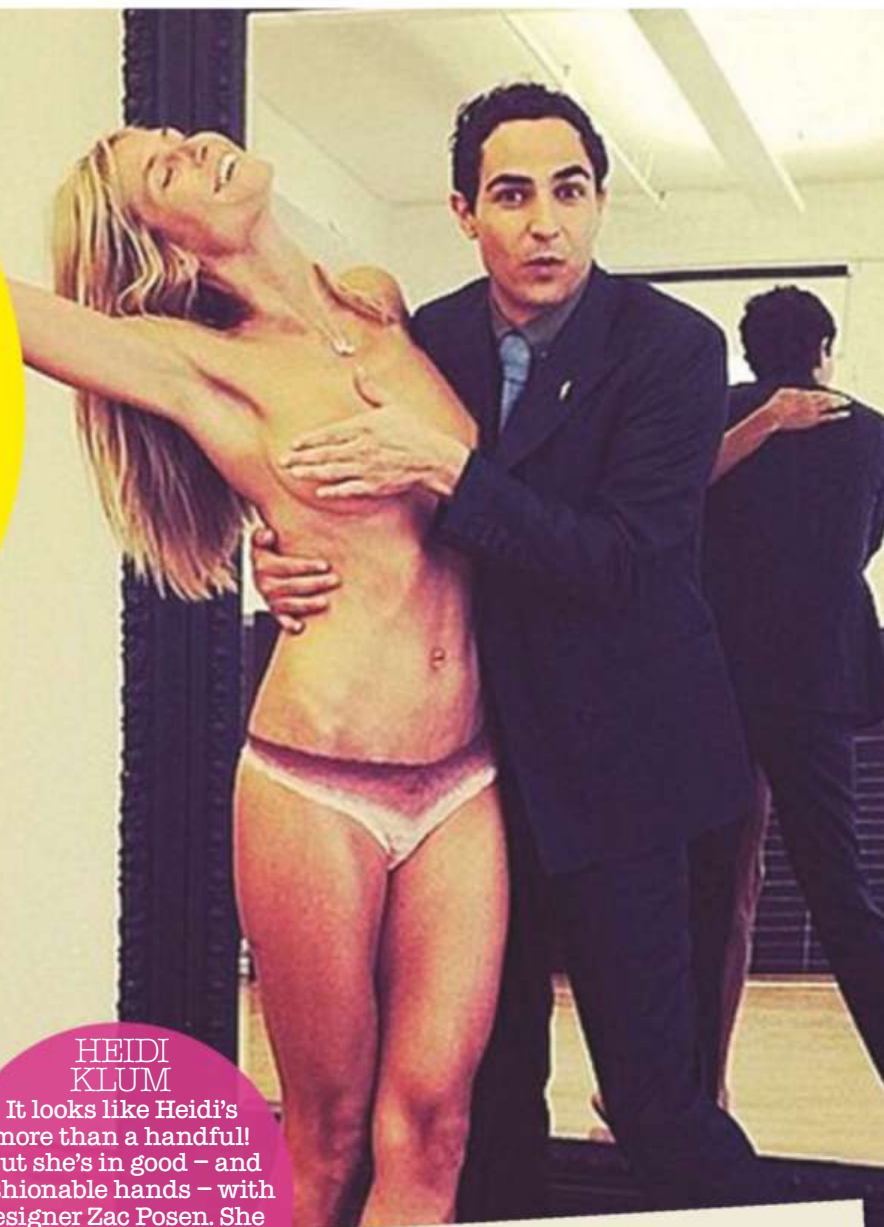
BROOKLYN BECKHAM

It looks like his dad David has competition in the muscles department, as Brooklyn shows off his impressive body. Teen hearts are fluttering!



Instapix of the week

Fun, filtered and far too revealing.
— the lives of the stars
on social media



HEIDI KLUM

It looks like Heidi's more than a handful! But she's in good – and fashionable hands – with designer Zac Posen. She also shared a cheeky snap of her derriere getting a good ol' smack. Ouch.



TAYLOR SWIFT

Winter's coming and Taylor's all ready for it in her woolly jumper. She looks thrilled with the handknitted sweater, emblazoned with her face, that a fan made for her. Knitters gonna knit, knit, knit...



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Heidi 'n
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Shane Filan

'Nick Grimshaw can NEVER replace Louis Walsh!'

The Irish heartthrob talks to Now about life after Westlife

Shane Filan, 36, may be no stranger to fame as part of Westlife and more recently a solo artist, but he's faced his fair share of tough times. After racking up £18 million in debt due to a disastrous property investment, he was declared bankrupt in 2012 – something he describes as 'horrible, hideous and humiliating'. Thankfully now the family man, who has three children with wife Gillian – Nicole, 10, Patrick, seven, and Shane, five – has plenty to smile about...



Shane's still mates with ex-Westlife manager Louis

'BEING AWAY FROM THE KIDS IS HARD'

Hi Shane! Are you watching The X Factor and Strictly?

Strictly's always a great show. Just the glitz of it all is amazing.

Could you ever be tempted to put on the sequins?

Genuinely, it wouldn't interest me at all. I get offered every single one of them – and Big Brother and I'm A Celebrity – Get Me Out Of Here!

What about being a talent show judge?

It's a big role to step into but it's an incredible gig. If you got offered it, it would be difficult to say no, put it that way. I don't know how good I would be at it.

What do you think about Nick Grimshaw replacing your former manager Louis Walsh on The X Factor?

He'll never be the same as Louis. They're big shoes to fill. Like Louis says: 'I'm just being honest.' That

would be his line all of the time.

Do you still speak to Louis?

I text him every other day. If he gets excited about a song or something, he'll send it on or text: 'Read the email I sent you.' He might text me something funny or a bit of gossip.

Did he help you after you were declared bankrupt in 2012?

Louis was very optimistic about my future as a singer. Gillian kept me positive and reminded me I have healthy, beautiful children. I started again basically.

Your new album's out next week – what's your favourite track?

Me And The Moon is a great song because it could be

about losing somebody that's close to you or even just missing somebody. I'm not in that position, but I'm away a lot from my family and Gillian.

You must miss them loads...

It's hard being away from someone. When you've got kids, I find it heartbreaking. It's the hardest part about being in the industry and just being solo. It's different being in a band – the time goes quicker.

Are you still in touch with your Westlife bandmates?

Very rarely. We've

drifted apart without a doubt, but not in a bad way. We haven't even met up for a drink. People think if you're in a band, you're best friends no matter what.

What do your kids think of your music?

They absolutely love it. I play my albums – obviously not all the time, but they'll go: 'Play the one that goes...' and they'll sing a little bit of it. It's so cute.

Would you like more children?

It's not really up to me [laughs]. Some of Gillian's friends are having babies now so maybe she could be broody. Having a kid is a

blessing. I wouldn't say no, but I'm very happy having three.

Right Here is released on 25 September



Shane and Gillian have been married since 2003



Westlife formed in July 1988 and split in June 2012

Another
Now
exclusive

Tina O'Brien

'I'm so
lucky to
have TWO
men in
my life'

The Corrie star
says she has no
problems working
with her ex

She made a big return to Coronation Street earlier this year after an eight-year break and now Tina O'Brien's preparing to take centre stage in the soap's live episode next week. Tina, 32 – who lives in Manchester with her partner Adam Crofts, their son Beau, 11 months, and her daughter Scarlett, six, from her relationship with Corrie co-star Ryan Thomas – chats to Now about what it's like working with her ex again (awkward!), why she's become a vegetarian and her baby weight loss secrets...

Hi, Tina! Are you nervous about the live episode coming up?

I haven't allowed myself to go there yet. I know I'll be nervous, but I'm also really excited. I was so shocked when they told me I'd be a big part of it – it's a massive honour. We've had some long days in the run-up to getting ready. I've been drinking about 10 cups of tea a day!

So what's going to happen then?

The Platts are in the live episode a lot. It's all going to centre on the unmasking of Callum [Logan], who's been giving the family hell. It's becoming very clear he's a bad person and the Platts are actually very scared.

Will it be as dramatic as when Richard Hillman drove them into a canal?

Yes! This is the total truth – I was in shock when I read what was going to happen. I left the meeting and couldn't speak to anyone. It only began to sink in when I saw the diary schedule for how many scenes I'd be in. This is the toughest thing I've ever done. It's very dramatic and it's amazing I've been given this opportunity. It's going to be a really fun experience.

How does it feel



Tina says she and Ryan 'get on great'



Being with Adam is 'the best decision I've ever made' she says

to be back on the cobbles?

It's so clichéd, but it felt really normal when I returned. It's exactly the same. It's great to be back and all my nerves melted away as soon as I was back on set. We've always been very close and it didn't feel any different when I came back. It was as if I hadn't been away.

Who are your best friends at work?

I'm really close to everyone in the Platt family – Helen [Worth, who plays Gail], Ben [Price, who's Nick], Jack [P Shepherd, who's David] and Lucy [Fallon, who plays Bethany]. I hadn't worked with Paula Lane [Kylie] before, so it's been really nice to do scenes with her. She has a little boy, so we have lots in common. By the end of the week it's hard to contain the giggles – it's like that Friday afternoon feeling.

Do you go out with the cast too?

I haven't got time! As soon as we're finished for the day I rush back to be with Scarlett, Beau and Adam. I want to do mummy things with them. It's been hectic because I've



Tina always finds time in her hectic schedule for daughter Scarlett

got such a big plotline. When it calms down I hope that I can go out with everyone.

Will Sarah-Louise survive the live episode?

There are lots of things to be explored with her and that's the big reason why I returned. I can't say what's going to happen, but it won't be the end.

So you're back for good?

Definitely. I've only been back for six months and I want to explore so many things. I'm really happy being on Corrie and I know how lucky I am.

How is it working with your ex Ryan again?

It's lovely. We get on very well. He spent Christmas with me and Adam. We don't go out for drinks with each other socially, but we get on great.

Is Scarlett a good big sister to Beau?

She adores him! She told me the other day

that she still loves me but she loves him more! It's lovely having one of each.

Was going back to work with Beau being so young tough?

I'm not going to lie, it hasn't been easy. But I'm really lucky because I've got a nanny to help and Ryan's really hands-on with Scarlett as well. Adam's amazing. He's so supportive.

Aww! You sound very happy...

I am really happy. He's been fantastic about me returning to Corrie and he's my sounding board for everything. The best decision I ever made was when I agreed to go out with Adam.

Was it more difficult losing the baby weight second time round?

It's been hard and I've still got half a stone to lose. The canteen at Corrie's very tempting and

there are always biscuits in the green room. But I'm in no rush.

It must help that Adam's a personal trainer...

He's never been pushy about things like that. He's really encouraging and he'll send me some exercises to do if I text to say I've arrived at the gym. He's set a circuit up in the garden for me in the past. But he knows the long hours I'm working and how difficult it is.

'IT WAS LIKE I WAS NEVER AWAY'

Do you watch what you eat?

I'm healthy and I'm actually vegetarian now. It was Adam's idea and I said I'd do it with him. We haven't eaten meat for three months and I don't miss it. I'd eventually like to cut out fish too.

Are you two getting married?

Yes, I will one day, but it's not on the agenda at the moment because I've got so much going on.

Coronation Street's live episode is on ITV at 7.30pm on 23 September



She's close to Helen, who plays her mum Gail

Downton

Abbey

Special

Abbey

As our favourite drama returns for its final series, we spoke



MAGGIE SMITH, 80

'I'm going to watch the box set as soon as it's finished!'

How do you feel about Downton finishing?

I'm just surprised I got to the end! I'm honestly surprised that I got through it and that I'm still here.

Do you ever have any input on the Dowager's putdowns?

They're entirely the work of [writer] Julian Fellowes. They're wonderful putdowns, but believe me, they're all his.

Do you have much in common with her?

Oh, yes, I'm like that *all* the time. Everything I say is brilliant. And I have a lot of affairs with Russians!

It's rumoured there'll be a Downton film – are you up for it?

Yes, although I'm not sure if the Dowager's wig will last that long. But hopefully I'll still be here.

What are you going to be doing after Downton?

I'm going to be lying down. And I might watch it all on box set – I've never watched the series in one go.



Over after

to the cast to get *all* the gossip

Downton's finishing – sob! – but we've got one last epic series to get through before we say cheerio to the wildly successful drama. We sat down with the cast and had a good old chinwag about saying goodbye to the show...



MICHELLE DOCKERY, 33

'It was crazy to start with'

What will stay with you when you look back at the show?

Just how crazy things were at the start. I remember going to get a pint of milk from my newsagent when the second episode aired and me, Laura [Carmichael] and Jessica [Brown Findlay] were on the cover of three newspapers. It was one of the biggest moments of my life.

Will Lady Mary find a husband this series?

She's never short of a suitor or two. But I've realised Mary's

trying to find happiness within herself. She goes through an interesting time this series.

Which suitors are knocking Mary's door this series?

I can't say much, but there is a racing car driver...

Will you stay in contact with your castmates?

Laura and I reckon we're going to live together when we're 60 with about 16 cats and loads of plastic surgery!



Thomas Barrow's naughtiest moments EVER

The under-butler certainly isn't afraid of causing some drama...

Deliberately getting shot

When serving as a soldier in the First World War, Thomas got wounded on purpose so he could come home. Tut, tut.

Smashing up a shed

Thomas flung flour everywhere and otherwise ruined a perfectly lovely shed when it was found out he was selling rations on the black market.

Almost getting John Bates fired

Oh, wait – that was several times. And it still didn't happen... but bless him, Thomas kept on trying.



Downton

Abbey

Special



The Dowager's best one-liners

Because Maggie Smith IS Downton

‘What’s a weekend?’

The Countess shows she’s not entirely familiar with the world of work.

‘There’s nothing simpler than avoiding people you don’t like. Avoiding one’s friends – now there’s the real test’

Actually, we rather agree!

‘Don’t be defeatist, dear. It’s very middle class’

Harsh – but very good advice for a whining Lady Edith.



ELIZABETH MCGOVERN, 54



What's the one moment from Downton that will stay with you for ever?

Storylines like Sybil's death and the impact of it on her family. It was great writing, and not just a general brief. We saw the different stages of grief on all the family, and I loved playing that.

Tell us something we don't know about the show...

That my iPhone is probably just behind the pillow that I'm sitting on!

Are you going to miss the rest of the cast?

Oh, yes. I'd describe my relationship with Hugh [Bonnevill] as very comfortable. I'll miss everyone from the cast in a different way. But I'm ready to put Cora to bed for a while.

HUGH BONNEVILLE, 51

'The women allow Robert to think he runs the place'

What are you going to miss most about Downton?

The ensemble as a whole. The actors and the crew as well. We have a vast army of tireless people working on the show – the actors are just the tip of the iceberg. The attention to detail is massive, although sometimes we do get it wrong, like those TV aerials in shot...

What do you think of Sir Robert after all these years?

As we all know, the house is run by the women, not Robert. He's allowed to think that he runs the place, but really it's Cora and Mary and everybody else pulling the strings.

Did you take anything from the set as a memento when filming finished?

I wanted to take one of the mustard pots, but I thought that was a bit wrong. So I liberated one of the letters from set – they're beautifully written and appropriate to the scene we're in.

The A-list hit Downton

The show's hosted many famous faces over the years...



Richard E Grant

He played creepy art historian Simon Bricker, who tried to have an affair with Cora. But she was having none of it. Luckily for Robert.



Anna Chancellor

Four Weddings And A Funeral star Anna played Lady Anstruther, who has an steamy affair with footman Jimmy. He got the sack, obvs.



Shirley MacLaine

The veteran Hollywood actress played Lady Cora's outspoken American mother Martha Levinson and said the role 'eclipsed' everything else she's ever played.



George Clooney

Saving the best 'til last – George tried to kiss the Dowager in the show's Text Santa Christmas Special. How we swooned.

TURN FOR MORE ➡

ROB JAMES-COLLIER, 38

'Thomas's story is so tragic'

How did you feel filming your final scenes?

Really emotional. We were filming a scene singing Auld Lang Syne together, ringing in the New Year. It was waterworks – we flooded the place out.

Thomas is a very shift character most of the time – are you surprised he's made it to the end of the show without being sacked?

I'm very surprised – and elated at the same time. There's always a sense of jeopardy with Thomas, which is thrilling to play as an actor. He's a risk-taker and the

stakes are always high, especially with his sexuality.

Can Thomas ever be happy while he's working at Downton?

The odds were stacked against

him in that time because it was illegal to be gay. He can be depressive at times and we see that on screen. That's Thomas's journey. It's a tragic story.



JIM CARTER, 67

'We had no idea Carson and Mrs Hughes would get together!'

What encapsulates Downton for you?

Probably Lady Mary coming down the stairs to me and Lord Grantham, looking at her 'upstairs dad' and her 'downstairs dad' and saying: 'Will I do, Carson?' It made me think of my own daughter getting married in the future.

How much of a clue did you have that Carson and Mrs Hughes would get together in the end?

We never knew – the writers didn't tell us. I thought they had to get together, really, but butlers and housekeepers didn't get married in those days so it had to be towards the end of the series. We've got together with the speed of Galapagos tortoises. Cut to Carson in his black silk robe with a rose between his teeth!



LAURA CARMICHAEL, 29

Downton

Abbey

Special

'I want Lady Edith to find happiness'

How do you feel about the rest of your castmates now the show is ending?

We're a family. We've worked with some incredible people and had the luxury of six years to make great friends and bond with one another.

Will you all go out for drinks?

Oh God, yes. The people you work with become your best mates. Michelle [Dockery] and I play people who hate one another, but it couldn't be further from the truth.

Lady Edith has been through a lot. Will she find happiness in this series?

Well, we'll have to wait and see, but I hope she does. She's managed to settle herself into a cover story with Marigold [her illegitimate daughter] so she's nervous about making the jump to leaving home, but it might be time.

**'WE'VE
BONDED
OVER
SIX
YEARS'**

*Downton Abbey returns
to ITV at 9pm
on 20 September*



11 things you didn't know about

Amy Schumer

‘If my brother or sister has kids, I’ll cut them out!’

‘I’M, LIKE, 100 YEARS OLD’

Aunts and wrestlers aren’t among Trainwreck star Amy’s favourite things

Model past

Fiercely feminist funnywoman Amy Schumer has made it big with the recent release of her hilarious film *Trainwreck*. But life wasn’t always this glam for Amy, 34. The actor and comedian has revealed that back in her college days she was a toe model, claiming she was paid per toe whenever she took part in a shoot! That’s one way to pay tuition fees.

‘Athletic’ sex with a wrestler

With his über-chiselled features and muscular physique, wrestler Dolph Ziggler is undoubtedly a dreamboat for some – but not for his ex Amy. In an interview with Howard Stern, she said: ‘It wasn’t that crazy, but it felt like we were wrestling. The sex was too athletic. Always. The first time, I was like: “Oh, this is cool.” He was spinning me like a Globetrotter. I felt so petite.’ But their brief relationship ended in 2012 and she says: ‘There’s a girl out there who’ll be so obsessed with him, but I’m not that girl.’ Ouch.

Her cousin’s a politician but she’s never voted

Amy’s cousin is the Democratic Senator for New York Chuck Schumer, but she doesn’t seem to have inherited the political gene – she’s previously said she’s never voted, ‘not even in a school election. I never throw my two cents in, I don’t want to get started’. It’s a good job, then, that she isn’t on close terms with Chuck – he’s admitted he didn’t know who she was until she referred to him as her cousin in an interview.

Her steamy *Trainwreck* sex scene

Far from being put off wrestlers by her romance with Dolph, Amy enlisted another one, John Cena, to star opposite her in *Trainwreck* as her



With her cousin Senator Chuck Schumer, at a recent news conference

John Cena's sex scene with Amy in *Trainwreck* proved a bit awks



She dated wrestling hunk Dolph Ziggler three years ago

Amy 'roasted' Charlie Sheen on Comedy Central, then got her own show



Trainwreck cast members Amy, Nikki Glaser and Claudia O'Doherty



boyfriend Steven. Talking about their sex scene, she joked: 'He was actually inside me. Apparently, wrestlers... they're not faking!' Co-star Bill Hader added: 'He didn't understand the whole acting thing. It was his first sex scene.' But one person who didn't find the joke funny was John's wrestler girlfriend Nikki Bella – he admitted he 'never really approached her' beforehand to talk about the scene. Awks.

A Sam Cooke fan

Amy first heard the late soul legend Sam Cooke's songs playing in a drunken college senior's room when she visited him for a booty call. After it became clear that he was too inebriated to, er, get down to business, Amy says she lay there trying to 'dissociate' and concentrated on the songs. She says she loves Sam's music to this day.



Unique phobia

The New-York-born star – whose parents Sandra and Gordon divorced when she was 12 – has a sister Kimberly and a brother Jason, but we imagine she's not too keen on family gatherings. 'I have a serious phobia of aunts,' she's admitted, claiming her aunts on both sides of the family are 'really bad people' and that she's 'never met an aunt of anyone's that I trusted'. But

what if she becomes an aunt herself? Nope, that's off the cards too. 'My brother and sister know that if they have kids I'd cut them out because technically I'd be an aunt,' she's joked.

Celebrity crushes

Amy's revealed her first crush was Joey McIntyre – the cute one in *New Kids On The Block*. Aww. She's since gone from boy banders to film stars – the current objects

of her affection are Joaquin Phoenix and Christian Bale.

Charlie Sheen got her a TV show

When Charlie Sheen was 'roasted' (or had the mickey taken out of him, as we say over here) on Comedy Central in 2011, Amy was one of the comedians assembled to crack jokes at his expense. The channel's bosses were so impressed with her sharp wit they offered her a show, *Inside Amy Schumer*, which has just been renewed for a fourth series. As Charlie would say: winning.

She always says what she's thinking

In a recent interview, Amy admitted she's not one to mince her words. She recalled a conversation with the head of NBC Universal that ended with her saying she'd 'rather talk to someone fun'. Note: it's probably

best *not* to try this tactic in the workplace.

Pick up a penguin!

While most of us would pick our favourite animal based on its cuteness, Amy's gone for an entirely different characteristic. She's previously declared that she loves penguins because they're socially awkward.

She was nearly Shosh in *Girls*

Amy auditioned for the part of Shoshanna in *Girls*, but the part went to Zosia Mamet. She's since said she doesn't think she would have fitted in with the cast anyway: 'I'm 100 years old. It would be like: "Who's that old lady?"' she says. But there's a silver lining – had she got the part, Amy probably wouldn't have had time to write and star in her own movie. Even better, she's working on a comedy script with Jennifer Lawrence. We can't wait!

'I HAVE A SERIOUS PHOBIA OF AUNTS'

#WHAT'S

Freending

Cheat your way through the next seven days with Now's week in chic

NOW

LIVERPOOL
♥S

IN-KLEIN

'Our espadrille's been flying off the shelves in Liverpool,' says Heidi Klein PR Emily Cook. 'The black version [loved by Miranda Kerr] takes the holiday shoe right into autumn/winter.'



MIRANDA
KERR

SHARE
THIS

BLAKE
LIVELY

£6.99
EACH L'OREAL
COLLECTION
EXCLUSIVE PINKS
IN NAOMI &
BLAKE

LIPSTICK LOVE

Following on from L'Oréal's Collection Exclusive cult lippies in reds and nudes comes #LifeInPink. The range features five shades of delicate dusky pinks – Now ♥s Blake's orangy-pink most of all. Available from 1 October.

OH HI,
CELEBRITY!



Watch Alli take Now on a Claire's shopping spree at nowmagazine.co.uk/fashion-news

CHAIN REACTION

YouTube star @AlliSimpson (1.7 million followers) says: 'Me and my friends are obsessed with Claire's body chains. Wear them to the beach or over a top.'



SPLURGE

£110
HEIDI
KLEIN



STEAL

£40
OFFICE

**MOST
♥S**

SWINWEAR

Planning some winter sun? Go RED! The likes of Rosie F and Brody Jenner's GF Kaitlynn are hot for California swimwear brand Mikoh's Waimea top – or buy this Topshop version, safe in the knowledge that red will be *mega* come 2016.



**HIT
HUE!**



£28
TOPSHOP

KAITLYNN
CARTER



ROSIE
FORTESCUE



#TRENDING

WOW BROWS

'It's about time microblading took off – it's huge in Asia!' says celeb brow queen Suman Jafal (@Blush Suman). 'Pigments are applied like "hair strokes" into the top layer of skin, giving a more natural result than eyebrow tattooing.'



Red Alert!

It's the colour of the season so don't be afraid to wear it head to toe...



£35
OLIVER BONAS



£20
STYLIST PICK



£15.99
NEW LOOK



£45
OLIVER BONAS



£150
CHATELLES

£200 IN SHOPPING VOUCHERS TO BE WON!

To celebrate the fabulous, uplifting burst of fragrance you get from Surf, here's your chance to get a wardrobe boost too! Four lucky readers will each get the chance to win £50 worth of vouchers. To enter, simply go to comps.nowmagazine.co.uk/competition/50_shopping_spree4_nowmagazine. To find out more about Surf – now with longer-lasting fragrances – go to surf.co.uk.





'Shopping makes me money!'

Amy Greenham tells us why she loves buying through Quidco

Stay-at-home mum Amy Greenham, 30, lives in Weymouth with her children Esme, Lila and Theo. She tells us: 'I love online shopping and I've always been really internet savvy. I first discovered Quidco a few years ago via the moneysaving expert.com website.

It sounded amazing, so in November 2008 I signed up to it. I've been a dedicated user ever since! I have three young children, so I've found that saving on

day-to-day essentials has really made a big difference. Quidco's great for necessities such as house insurance and TV services, too. I was blown away when I received £150 cashback for signing up for a Sky package. It's amazing seeing that extra money appear in your account. 'I don't just use Quidco at home, though. If you go into one of Quidco's high street retail partners, you can enjoy exclusive

Amy's earned
£1,195

Get in-store cashback by registering your credit or debit card with Quidco



and increased in-store cashback rates when you activate offers via the Quidco app. They're all high street favourites, too. 'Whenever I'm out, I make sure I browse all of Quidco's retailers offering in-store cashback and earn on the move. That way I get cashback

on almost everything! 'I'm such a big fan that at least once a month I recommend Quidco to lots of different friends. Even the cynics among them can't deny that £1,195 is a lot of cashback to have saved up since I started using Quidco!'

HOW DOES QUIDCO WORK?

Whatever you want to buy, it's likely you can get a deal or earn cashback with Quidco. Here's how:



1 Go to the website quidco.com and browse the hundreds of offers available at Quidco's retailers – or search for a specific product or service.



2 When you've found what you're looking for, just click through to the retailer's website via quidco.com and make your purchase.



3 Quidco tracks your visit and passes you the cashback. You can then withdraw it from your bank or PayPal account to spend (or save!) as you wish.

Want to earn cashback or get a deal with Quidco? Then join for free today – just visit quidco.com

Quidco

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The beauty boffs @pixiwoo are winning at life yet again, this week launching their Real Techniques Deep Cleansing Gel to help keep your brushes squeaky clean.

BLOGGERS

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DEEP
CLEANSING GEL

Beauty site thisispowder.co.uk is tipped to go *mega*, helping YOU find your perfect mascara, moisturiser and more! Spread the word cos Powder is poised to change the face of bespoke beauty! Follow @thisispowder on Twitter and Insta.

YOU BEAUTY!

BEAUTY

bestsellers

The products the world's been buying this week



Christina Hendricks
♥s Kiehl's

Kiehl's sells one of its Midnight Recovery Concentrate per minute globally – wowzer.

£36
KIEHL'S
MIDNIGHT
RECOVERY
CONCENTRATE



BESTSELLER

Hot on the heels of award-winner Beautyblender comes the Blotterazzi – shaped perfectly to blot every contour of your face in a handy compact.

£16
BEAUTYBLENDER
BLOTTERAZZI



NEW IN

Liverpool has topped Superdrug's most fake-tanned city list, followed by Basildon, Manchester, Birmingham and Glasgow. T'would seem Exeter is less fussed – residents there rarely splash out on self-tan.

TRENDING

£6.99
RIMMEL
SUNSHIMMER
INSTANT TAN
BB SKIN
PERFECTOR IN
LIGHT MATTE



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SUPERDRUG'S
TOP-SELLING
TAN

PIN THIS

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Let us know what's topping your
#WhatsTrendingNow wishlist at:



You Tube

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NowMagazineOnline



The 60s skirt

With a high waist and A-line shape, 60s-style skirts are universally flattering. Pair with a preppy shirt and pastels now – and when the weather cools it'll look perfect with a poloneck plus a fashiony fedora.



The hero buy

£40 Sugarhill Boutique

WEAR WITH NOW



£49
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SELFREDGE

£7.99
REVLON
COLORSTAY
LIQUID LINER
IN BLACKEST
BLACK



£28
RIVER
ISLAND



£58
OFFICE

WEAR WITH NEXT



Available in
sizes 12-32

£75
SIMPLY
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£25
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SELFREDGE



£25
OASIS



£50
OFFICE

COAT £59.99
TOP £8.99
SKIRT £19.99
BOOTS £59.99
ALL NEW LOOK

NOW & NEXT

Meet the six style heroes destined to take the stress out of dressing



2 The folksy frock
The 70s trend is showing no sign of slowing down yet. Do the time warp with this retro printed dress – go boho with a floppy hat and fringing now and come winter, keep cosy in bear-hug-worthy shearling.



WEAR WITH NOW

£12
TU AT
SAINSBURY'S



£39.50
WALLIS



£18.50
FREEDOM
AT
TOPSHOP



£60
WALLIS

The hero
buy

£50 River Island

WEAR WITH NEXT

Investment buy!
This bag is real leather
and the perfect size
for all your essentials

£99
DICKINS &
JONES AT
HOUSE OF
FRASER



£55
DOROTHY
PERKINS



£75
RIVER
ISLAND

DRESS £149
SCARF £12
BOOTS £99
ALL MARKS &
SPENCER

SHIRT £49
SKIRT £49
BAG £59
ALL MONSOON

3

The PJs

Nope, we're not on about the novelty pyjamas you got for Xmas. Thanks to Tommy Hilfiger, silky printed shirts are bang on trend. Well, when clothes look this good, why bother saving them for bedtime?



The hero buy

£45 Darling

WEAR WITH NOW



£59
BIBA AT
HOUSE OF
FRASER

Perfect to beat
the chill
between seasons!



£79
DUNE



£20
OASIS



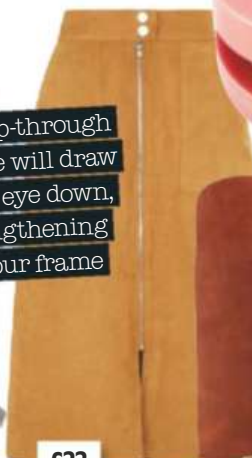
£18
F&F AT
TESCO

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£120
DARLING

A zip-through
style will draw
the eye down,
lengthening
your frame



£22
NEW
LOOK



£7.99
BOURJOIS
LITTLE ROUND
POT BLUSHER
IN LILAS D'OR 33



£169
DUNE

The It knit

Begone, bog standard pullovers! This season knitwear has had a trend injection with embellishment, prints and punchy colours. Give it a sexyspin now with a pencil skirt, then layer up come winter with a timeless mac.

The hero buy

£59 Dickins & Jones
at House of Fraser



DRESS **£28**
TOP **£16**
SHOES **£32**
ALL DOROTHY
PERKINS

WEAR WITH NOW



£32
F+F AT
TESCO

£4.99
L'OREAL COLOR
RICHE NAIL
POLISH IN PLACE
VENDOME 364



£35
DOROTHY
PERKINS



Sooo Kim K!

£35
MARKS &
SPENCER

WEAR WITH NEXT



£26
DOROTHY
PERKINS



£25
MARKS &
SPENCER



£65
OFFICE



£39
F+F AT
TESCO

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NEED TO WAIT
FOR THE SALE
THIS SEASON.

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COAT **£49**
JEANS **£38**
BOTH MISS
SELFEDGE
JEWELLERY,
MODEL'S OWN

5 Invisible sleeves
Last season's lightweight duster coat gets a new season update with autumnal hues and cosy fabrics. This bad boy will flatter your figure, nail the 70s trend, keep you warm *and* make friends with everything in your wardrobe. Where do we sign up?

The hero buy
£70 Oasis



WEAR WITH NOW



£45
SEASALT



£75
DUNE



£24
GIRLS ON FILM AT
LITTLE-MISTRESS.
COM

WEAR WITH NEXT



£8
F+F AT
TESCO



£5.49
KATE MOSS
FOR RIMMEL
LASTING
FINISH
LIPSTICK IN 37



£45
NICA



£69
LOOKAGAIN.
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Bargain buy!

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COULDN'T
RESIST AND
I DIDN'T
HAVE TO.**

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£10.79



Shoes selling for
£16.84



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£12.05

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6

Rainbow legs

Who says autumn can't be colourful? For 2015 the runways gave Picasso's paintbox a run for its money with trousers in all the colours of the rainbow – and then some. Dress them up for evening with a statement jacket or dress them down with a cosy cape.



The hero buy
£55 Darling

WEAR WITH NOW



£15
BIBA AT
HOUSE OF
FRASER

£6.99
MAX FACTOR WILD
MEGA VOLUME
VOLUMISING
MASCARA
IN BLACK



£18
OASIS



£50
RIVER
ISLAND

The concealed platform
and suede fabric
make these
super comfy!

WEAR WITH NEXT



£60
TAMARIS AT
ZALANDO.CO.UK



£80
RIVER
ISLAND



£59
DICKINS &
JONES AT
HOUSE OF
FRASER



£59
DUNE



TOP **£19.99**
TROUSERS **£25.99**
SHOES **£49.99**
ALL ZARA

OH MY

11 THINGS EVERY GIRL THINKS SHOPPING ON ASOS...

We all do it. A bit bored at your desk, take a quick peek at

1 I haven't stared at ASOS for 12 hours! What have I missed?

2 I'll just have a quick look at the 'New In' section...

3 Ooh, that's sensible. Essential, even. I can wear it to work or drinks with the girls... *Adds to bag in all three colours*

4 Ooh I like that... *Views catwalk*
Views catwalk again Yeah, I'm sold.

5 Wear with? Gah. I NEED that! Please have my size, please have my size...

6 It's sold out in my size. Why? WHY?! Why would this happen? What did I do to deserve this?

7 Fine. I'll save that for later... Or I could wear it to a party next week. *ADDS TO BAG*

8 It might come back into stock in my size. It'll totally come back into stock. Must. Be. Patient. I'll save for later in size 6, you know, just in case.

9 Can I afford... *Stares at basket* ...£309!? No. Never mind, I'll just bring in my own lunch for, like, ever.

10 YES! I have a whole new wardrobe arriving tomorrow! Praise be for online fashion and ASOS delivery!

11 My new wardrobe/life is arriving in 23.57 hours max. If anyone asks? I'll send most of it back... maybe... probably won't.

Fringing is our fave!



OUR PICKS THIS WEEK



N°7
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Me. NoFilter.
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She's not airbrushed, she's not retouched, she's just N°7



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Flawless and smooth looking skin from every angle

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At home with Rosie



Now's Gilly checks out Rosie's pad

Now nipped over to Ms Fortescue's flat to quiz her on beauty and all things nails



'Come on in!' Rosie comes over all Crips...

Made In Chelsea's most stylish sort Rosie Fortescue welcomed Now into her London abode recently to talk us through her new nail varnish range Nailed London. 'It lasts two to three days longer than other gelled products and gives a higher level of gloss without the hassle of a UV-cured in-salon gel manicure,' says she. Excitingly, it *also* contains a patented plasticiser, meaning you get a more flexible finish than traditional in-salon treatments and nails are at less risk of getting brittle and breaking.

'There are 28 nail colours in the range, plus a protective base coat and a gel-like top coat, so there's never been an easier way to get a salon-finish mani at home and fast!' adds Rosie. 'Personally,

I like to change my nail colours twice a week if my outfits call for it, so a low-maintenance range was the dream.'

Now's Style Content Director Gilly Ferguson has been giving the range a whirl since meeting

Rosie and can confirm it *is* perfect for busy girls, new mums or just about anyone who loves giving great nail on the go. 'And at £7 it's way more affordable than a salon treatment,' says Rosie.

So it's official: Rosie's a dab

hand at at-home manis. She's even a dab hand at making nut butter and banana on toast. Plus her pad is a beauty blogger's *dream*. But should she be crowned Queen Of Nails? Now puts her to the test with some probing questions...



How do you take the perfect #Nailfie on Instagram?

1 PICK YOUR BACKGROUND

'Flowers are my favourite – or rest your hand against your lap if you're wearing a pretty print. Just don't make your hand into a claw!'

2 ADD A PROP

'Hold the bottle of polish that you've used, so people can see the name, shade and brand.'

4 ACCESSORISE

'My new jewellery collection launches on 19 October and is packed with affordable stacking rings and beautiful bracelets.' Now's had a sneak preview and we ♥ it!

5 USE A FILTER

'Valencia complements my skintone so I never look too brown or drained.'



Better than

1/2

Price

2 for

£1.80



HOW DO YOU WANT TO FEEL?

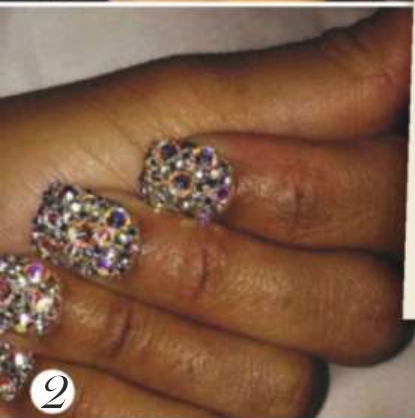
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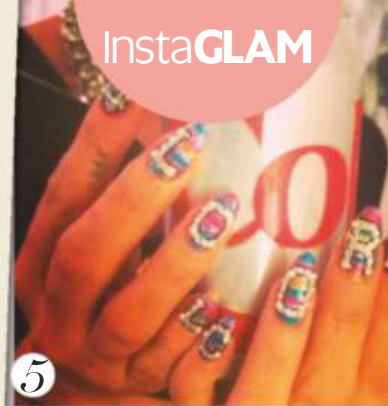
2



3



4



5



6



7

MOOD VS MANIS

What do your nails say about you?
Rosie rates and slates celebrity fingertips

1. NO NAILS

'It's a shame about that stub. Perhaps she's feeling anxious – you come across as nervous when you bite your nails. I used to do it really badly. I'd even find ways of biting over that foul-tasting liquid you could paint on. I only stopped when someone I admired said it was like licking a loo seat. I was so embarrassed!

The celeb: Michelle Keegan.

Rosie: 'No! STOP! I'm shocked!'

2. BLING NAILS

'This is a big trend – I like it! These are incred for the right party. She's obvs in a great mood and feeling fun.'

The celeb: Blac Chyna.

3. MISMATCHING

'Hah! It's Millie, isn't it? I recognise her toes! These nails belong to someone who's not fully committed to one colour. I don't mind it – if you have one staple colour for summer and another for winter, it's safe to stick to that

and have fun with your fingers. They're both classic colours.'

The celeb: Millie Mackintosh.

4. STILETTO NAILS

'That's Kylie Jenner, right? It's not? Oh. I wish I had stiletto nails but it's only achievable with fakes. Mine were getting there, then they broke. This is a sexy, vampy and confident look.'

The celeb: Lucy Watson.

5. CRAZY NAILS

'This person has a *lot* of fun with their manis, is confident enough to pull them off and has a good sense of humour. I love her nails!'

The celeb: Lily Allen.

6. CLASSIC RED

'This is such a feminine look. Her mood is girly and sophisticated.'

The celeb: Beyoncé.

7. BITTEN NAILS

'She's stressed or in a bad mood.'

The celeb: Kate, Duchess of Cambridge.

Rosie's nail bar



GOOD MOOD 'If I'm tired and the weather's really rubbish, I wear this. It reminds me of summer and lifts my mood instantly.'



ANGSTY 'If I know I'll run into an ex and want to feel feisty, strong and empowered, this is my go-to nail colour.'



PEACEFUL 'This nude is perfect – neither too grey nor too brown and fresh enough for a chilled Sunday afternoon.'

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Can you match the mani to the star? We asked Rosie to play...



GUESS WHO?

FLUORO FOX

Rosie: That's Cara Delevingne!
✓ #NailedIt (in 0.01 seconds!)

STYLE GURU

Rosie: 'Is it a guy or a girl? I just don't know. It's a singer? Ellie Goulding? [Now laughs] Gah! It's a guy isn't it? Can I have a clue?'
Gilly: He has great Style(s)...
Rosie: 'Oh, Harry Styles! Wow, he has feminine hands.'
✗ #FailedIt

COURTING TROUBLE

Rosie: I don't know...
Gilly: Her name's like an inflatable you'd have in a pool
Rosie: Dido?
Gilly: Close!
Rosie: 'Lilo? Oh, Lindsay Lohan!

I remember, she was in court.'
✗ #FailedIt

NAIL NOVICE

Rosie: Caitlyn Jenner! She got skillz – look how neat they are!
✓ #NailedIt

KUT SHORT

Rosie: Gah, who is this person?
Gilly: You'd think she'd be more of a stiletto nail type...
Rosie: Kylie Jenner!
Gilly: Close...
Rosie: Kris Jenner!
Gilly: Also close...
Rosie: Kim Kardashian!
✗ #FailedIt

SHOWGIRL

Rosie: Selena Gomez?

Gilly: Think closer to home...

Rosie: Oh, it's Louise Thompson.
✓ #NailedIt

BUNNY GIRL

Rosie: I like how the bunny matches the nails! I need to do this with Noodle [her dog]! This is definitely Kylie Jenner.
✓ #NailedIt

TIPPED OFF

Rosie: Is it a man? Clue please!

Gilly: Erm, what's Noodle?

Rosie: Snoop Dogg! Haha! Wowzer, who'd have thought it?
✗ #FailedIt

THINK PINK

Rosie: I don't know!
Gilly: Think of a famous family...
Rosie: Victoria Beckham?
Gilly: Nope.
Rosie: Oh, it's Harper! So glad I didn't slag off a child's nails!
✗ #FailedIt

WATCH NOW



See Rosie playing
Guess Who? at
nowmagazine.co.uk
Play along and
let us know if YOU
#NailedIt or #FailedIt
@Nowmag

Some kids have to be braver than others

Around ten young people are diagnosed with cancer every day in the UK. That's ten more facing months of gruelling treatment. They'll have to be braver than they've ever been before, but with your help we can make those treatments kinder. With your help we can find cures sooner. With your help, kids can really be kids again.

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You & Improved

Health, heart, happiness – how to supersize your life

This month Sanctuary Spa is encouraging women to take some time out and relax with its #LetItGo campaign, headed by life strategist Jenni Trent-Hughes. So give yourself a break! Here's how...

8 WAYS TO Chillax

1/3 of women (nearly 10 million) feel they don't have their work-life balance right

4 out of 10 women (over 12 million) feel they're about to burn out

80% of women say they put too much pressure on themselves to be perfect

80% of women don't feel good enough.

88% of women believe there's too much external pressure on them to be the perfect woman

1 Swap coffee for chamomile

More than two coffees a day can stress you and stop you getting a good night's sleep. Get your hot drink fix with calming herbal tea instead.

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HERBAL TEA

Download this

Take some 'me time' with the free Rituals meditation app, easing stress and tension in 5, 10, 14 or 20 minutes. We feel Zen already!

2 Send yourself flowers

Studies show women who receive flowers feel less anxious. So we're giving you 20% off Debenhams flowers – enter **NOWMAG20** at the checkout* and treat yourself!

£9.99
SPORTS DIRECT

Say 'om'

Yoga is proven to stimulate the part of the nervous system that relaxes the body and mind. Namaste.

5 Eat a mango

Mangos contain a compound called linalool, which helps lower stress levels. Try it in a salad with prosciutto and mozzarella – nom!

Play a game

A pastime that requires you to pay attention, like playing a game or a sport, lets you escape your own spinning head.

7 Note it down

Jenni Trent-Hughes says: 'Note down three achievable goals each morning and cross them off when you've done them. Tear up the page at the end of the day.'

£8
PAPERCHASE

Have a bath

'Enjoy time out in the bath,' says Jenni. 'Close the door, light candles, play music and let go of things you don't need.'

For more tips and tricks from Jenni and Sanctuary Spa, visit nowmagazine.co.uk/fashion-news

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You & Improved Oh.My.Bod.

Love Island's **Rachel Christie**, 27, shares her top-to-toe health secrets

'I eat so much!'

HEIGHT: 5FT 10IN
WEIGHT: 9ST 10LB
DRESS: SIZE 8

What's your favourite kind of workout?

I do my own kind of workout in the gym – weights, squats, sit-ups. I also do cardio and sometimes I go to body pump classes and do a bit of yoga as well.

How long do you exercise for?

I spend about an hour and a half to two hours a day at the gym. I'm used to it – I used to be an athlete so I'd do three hours a day for seven days when I was training.

Do you have days when you're not in the mood to exercise?

Yeah, I'm only human but I just have to drag myself out of bed and do it.

What's your favourite part of your body?

My legs – I've always been complimented on them.

Is there a part body you don't like?

No. I'm comfortable with the way I am.

Do you have any guilty food pleasures?

Yeah, chocolate and whipped marshmallow from the tub. It's so nice – sometimes I put it on my cereal instead of sugar. I love cheese too – I put it on everything. I like really funny stuff like sausages with horseradish sauce. I eat so much food, you wouldn't believe it!

Do you drink alcohol?

Yeah, when I'm going out. Probably just vodka-based drinks – because it's pure, it doesn't give you much of a hangover. I get bad hangovers from champagne.

Rachel's diet and lifestyle book Going For Gold will be out in November. Follow her on Twitter @MissRChristie

RACHEL'S FOOD DIARY

Now's expert sports nutritionist **Ollie Frost** gives his verdict on her daily diet



Breakfast

I try to make porridge. I like Alpen too.

OLLIE SAYS Porridge contains the carbs needed for optimal brain function. Complex carbs are digested slowly to provide lasting energy.

377 cals



Lunch

A salmon bagel, poached eggs and hollandaise sauce.

OLLIE SAYS Bagels are a good source of carbs. Opt for granary, which contains more fibre to support gut health. Smoked salmon and eggs contain omega-3, which contributes to healthy brain function.

596 cals



Dinner

Fish with rice and vegetables or chicken and pitta bread. I like plum tomatoes, herbs, olive oil and basil.

OLLIE SAYS Fish is a great source of protein, which helps promote fat loss and increases the feeling of fullness to help you resist sugary refined foods. Wholemeal pitta is a good source of carbs and vitamin B. Veg will boost your immune system.

532 cals



Snacks

Normally fruit – oranges are my fave.

OLLIE SAYS Oranges are low energy dense foods, full of vitamins and minerals that are high in fibre and low in calories – perfect for snacking.

100 cals



TOTAL CALS 1,605 (GDA 2,000)

VERDICT Rachel's diet includes lots of carbs, which provide her with the fuel she needs to recover from training sessions and day-to-day activities. Remember, carbs aren't the enemy – calories are. Apps such as MyFitnessPal.com are a great way to track your daily intake.

Follow Ollie on Twitter @Ollie_Frost

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Scopes

SATURDAY 19-FRIDAY 25 SEPTEMBER

Your week ahead with **David Wells**

You & Improved



LAUREN GOODGER
turns 29 on
19 September

IF IT'S YOUR BIRTHDAY THIS WEEK...

Even though you may doubt the sincerity of one individual, Virgo, he or she has your best interests at heart and will prove that in time. You're embarking on a year of adventure and by that definition you must be prepared to take risks and experience the new to fully engage in it – are you? Seeing opportunities is one thing, taking them another. Are you ready to uproot?

VIRGO 23 Aug-22 Sep

You're fired up and in the mood to get things moving, so watch out anyone who gets in your way! It's good to feel inspired, but keep an eye on relationships – you need others on your side.

Call for more on a love U-turn.

UK: 0905 8171566* IRL: 1560 787906*

LIBRA 23 Sep-22 Oct

You're approaching the start of another solar year. Time to think about to leave behind and what to bring with you. You seem to be making big changes and brave moves will pay off.

Call for domestic improvements.

UK: 0905 8171567* IRL: 1560 787907*

SCORPIO 23 Oct-22 Nov

If you're making noise about a group, organisation or work team you're involved in, now's the time to get really shouty – or at least persistent. It's all about getting what you want.

Call me to hear romance news.

UK: 0905 8171568* IRL: 1560 787908*

SAGITTARIUS 23 Nov-21 Dec

Defining yourself by what you do is superficial, but awesome when you get a job you've been after. Who cares what others think? You're doing great and it's time to shout about it.

Call for more about a flirtation.

UK: 0905 8171569* IRL: 1560 787909*

CAPRICORN 22 Dec-20 Jan

This week's news is better than it's been in a while as you start to make progress rather than throwing up more questions. Hard work is paying off – time to see some real results.

Personal or professional? Call me.

UK: 0905 8171570* IRL: 1560 787910*

AQUARIUS 21 Jan-19 Feb

A good week for finances as you strive to make things clearer. Once you see who is or isn't paying, you can build a better plan to move forward. Then the tough talking begins.

Venus brings romance. Call me.

UK: 0905 8171571* IRL: 1560 787911*

PISCES 20 Feb-20 Mar

A challenge to your authority isn't what you need. It's all about what you know, so work within your comfort zone as stepping out might bring you unwanted critical attention.

Passions are raised. Call for details.

UK: 0905 8171572* IRL: 1560 787912*

ARIES 21 Mar-20 Apr

A call to get things done on the work front should be listened to. Summer break is over and you're ready to get stuck in, rearranging, decluttering, making room for the new.

New dawn for relationships. Call me.

UK: 0905 8171561* IRL: 1560 787901*

TAURUS 21 Apr-21 May

You're realising you can do whatever you want with a new creative project, with no one bossing you about. Here's your chance to show what you can do and to beat the competition.

Call for more on a work promotion.

UK: 0905 8171562* IRL: 1560 787902*

GEMINI 22 May-20 Jun

Settling into a new phase in a relationship may not be easy, but you have good mates around who are happy to help. All you have to do is ask – they won't step up unless you do.

Call for more on domestic expenses.

UK: 0905 8171563* IRL: 1560 787903*

CANCER 21 Jun-22 Jul

At last there's better news as someone you've been spending time with sees you have a point and gets what you're asking of them. Finally there's someone prepared to support you.

Time to move forward – call me.

UK: 0905 8171564* IRL: 1560 787904*

LEO 23 Jul-22 Aug

You know where your bottom line lies and if someone tries to cross it you'll fire a warning shot. If they persist, full-on war could be declared. Or you could bring peace with a compromise?

Call for more on a diplomatic week.

UK: 0905 8171565* IRL: 1560 787905*

*Calls cost 80p per minute (ROI €1.28) plus your telephone company's network access charge and last approx 4 mins. Users must be over 18. Weekly lines updated on Saturdays. For entertainment purposes only. SP/IP: Spoke (UK: 0333 202 3390/ROI: 01437 8815)

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Or text TAROTNOW then your question to 86655 £3/text reading (UK only)***

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Or text ASTRONOW (space) your date of birth (DDMMYY) and your question to 86655 £1.50 per msg x 2 (UK only)***

Calls cost £1.50 per minute (ROI €2.40) plus your telephone company's network access charge. Max call length 19.6 mins. Lines open 8am-1am every day; calls made outside of these hours will be charged. Booking line available Mon-Fri 9am-5.30pm. All calls recorded. Callers must be over 18. You must have the bill payer's permission. *Text readings cost £3 plus standard rate message. Psychics will promptly reply to all messages. For entertainment purposes only. When you text a psychic, you will get marketing messages from Time Inc. (UK) Ltd and Now magazine. However you can reply NOINFO at any time to unsubscribe from marketing messages. SP (UK)/IP (Ire): Spoke. Helpline: UK 0333 202 3392/ROI: 01437 8815 (9am-5pm, Mon-Fri). This service is regulated by PhonepayPlus.

The Fix

What'll get
your pulse
racing
this week

FILM

It's snow JOKE

Everest

At cinemas 18 September

Jake Gyllenhaal ripping off his shirt on the big screen? Er, yes please. This film's also about him and his team climbing Mount Everest and it's totally epic. As you might guess, things don't go quite to plan, what with Everest being one of the most inhospitable places on Earth (we think we'll stick to staying in bed with a duvet, ta). When a massive snowstorm hits Jake and his team on their way back down from the mountain's summit, it's avalanches, frostbite and vertigo galore. Guys, we could've told you that before you started climbing...



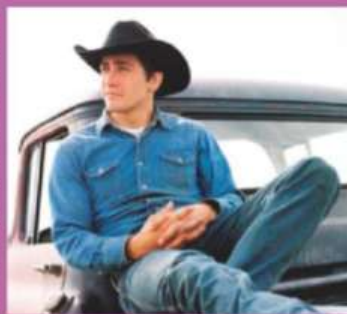
JAKE'S TRANSFORMATIONS

My, Mr Gyllenhaal, how you've changed!



Donnie Darko, 2001

A 21-year-old Jake played brooding teen Donnie in this cult hit. We fell for him instantly, even though he was followed around by a giant rabbit.



Brokeback Mountain, 2005

We cried our eyes out as Jake starred opposite Heath Ledger in this film about the forbidden love between two cowboys.



Nightcrawler, 2014

He lost a ton of weight to play former thief and creepy ambulance-chasing cameraman Louis Bloom. He still looked really fit, though.



Southpaw, 2015

Yep, this is Jake too. Just a year after Nightcrawler, he bulked up to play a light-heavyweight boxer. We're still drooling...

A quickie with...

CHARLIE SIMPSON

We catch up with former Busted star Charlie, 30. Charlie, tell us about *Singing In The Rainforest*...

I spent 10 days living with the San Bushmen in Africa. We had to create a song together. I thought it'd be a total train wreck – they'd never seen a guitar before and only spoke in their own 'click' language, which I obviously couldn't understand. But we got there! Being in Africa completely changed me. The tribe live such simple lives and are so happy, while we fill ours with so much clutter. When I get stressed over stupid things now I think back to my time with the tribe.

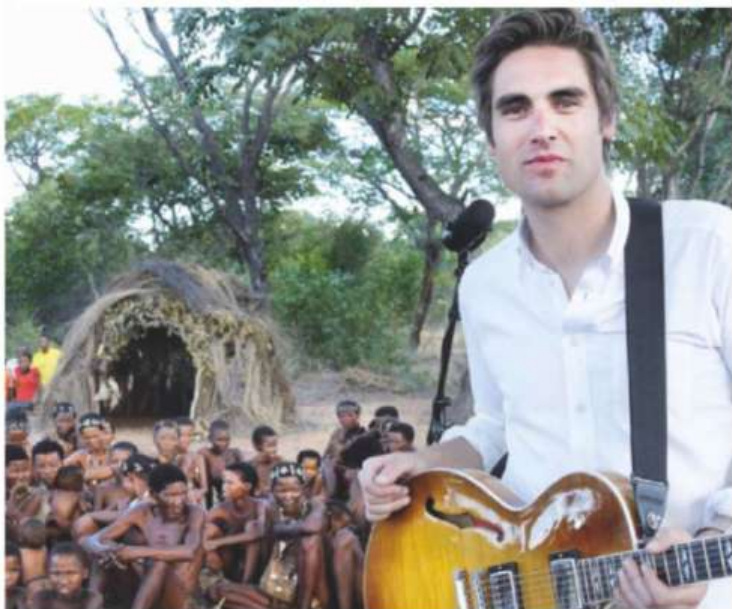
You and your wife Anna Barnard are due to become parents any day now – did you pick up any parenting tips from the tribe?

The weird thing is they share their babies round the tribe when it comes to feeding. They're all called 'milk mothers'. I don't think that'd go down well here.

And how are you feeling about becoming a first time dad?

It's amazing. I was apprehensive at first because there's no training to be a parent. But it's incredibly exciting. I've done all my NTC and hypno birth classes!

Singing In The Rainforest is on Watch at 9pm on 28 September



KAV'S *back!*

Kavana, 37, tells us all about his fab new track *Deja Vu*

Love the new song, Kav!

What inspired it?

Well, when I did the Big Reunion, with, er... 5th Story, was it? Yeah, obviously it meant so much to me! Anyway, we talked about doing an album. But we couldn't

write with all five of us – too many egos – so I wrote this for the group. Nothing happened with it, so I thought: 'I'll save it for a rainy day because it's good.' And here it is.

Why did you return to music?

Music is what I do. It's my first love. I wanted to get back to my roots, especially after being in the Celebrity Big Brother nuthouse!

*Deja Vu is out on 18 September. Kavana's album *Anthony* is out in November*

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SO NOW



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Eastpak's polka dot range
(eastpak.com)

We love a cool backpack – and these are the ones to own right now.

Long Way Home by Kerri Watt
Out now

We love this emotional song by rising star Kerri – it's got Ellie Goulding vibes.



CHICKENliquor
(chickenliquor.co.uk)

We're loving Meatliquor's chicken restaurant in London's Brixton, but IT'S MAKING US TUBBY.



Jamie Laing on Made In Chelsea LA

Boi, you're the biggest player of the lot and even put Spencer Matthews to shame. Hang your (admittedly cute) head!



SO NEVER

TV

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Chilling IN

Going Clear: Scientology And The Prison Of Belief

Sky Atlantic, 9pm, 21 September

This critically acclaimed documentary has been nominated for seven Primetime Emmys. Dishing the dirt on the Church Of Scientology, it's been described as 'chilling' and is totally unmissable.

TV

We The Generation by Rudimental

Out on 18 September

The drum and bass superstars are back with a brand-spanking new album and it's going to be *huge* (did anyone mention Brit Awards?). We heart Never Let You Go, with vocals from Foy Vance.

ALBUM



TV

The 67th Primetime Emmy Awards

Sky Living, 9pm, 21 September

Find out which shows win big at America's most coveted TV awards show. Mad Men, Game Of Thrones, House Of Cards and our own Downton Abbey are all contenders for gongs, so place your bets now!

Honeymoon by Lana Del Rey

Out on 18 September

Little Miss Moody is back with her fourth album already and thankfully she's sounding as noir as ever. We love the title track, as well as Terrence Loves You. Welcome back, Lana – we've missed you.

ALBUM



Chilling OUT



FILM

The D Train

At cinemas 18 September

Dan (Jack Black) is trying to organise a high school reunion. But how can he get his old classmate Oliver (James Marsden) to come now he's a Hollywood star? Very funny.

Glitterbox

Space Ibiza, 25 September (glitterboxibiza.com/)

The hottest new Ibiza club night rounds off an amazing season with its highly anticipated closing party, featuring an international hit list of DJs and performers playing classic house and disco.

CLUB



FILM

The Messenger

At cinemas 25 September

The delectable Robert Sheehan (Nathan from Misfits) plays Jack, who's chosen by spirits as a 'messenger'. But people think he's mad. Touching and heartbreaking.

Les Misérables 30th Anniversary

The Queen's Theatre, London, 8 October (lesmis.com/uk)

Get booking now for the epic 30th anniversary performance of the classic show you'll know all the songs to.

THEATRE



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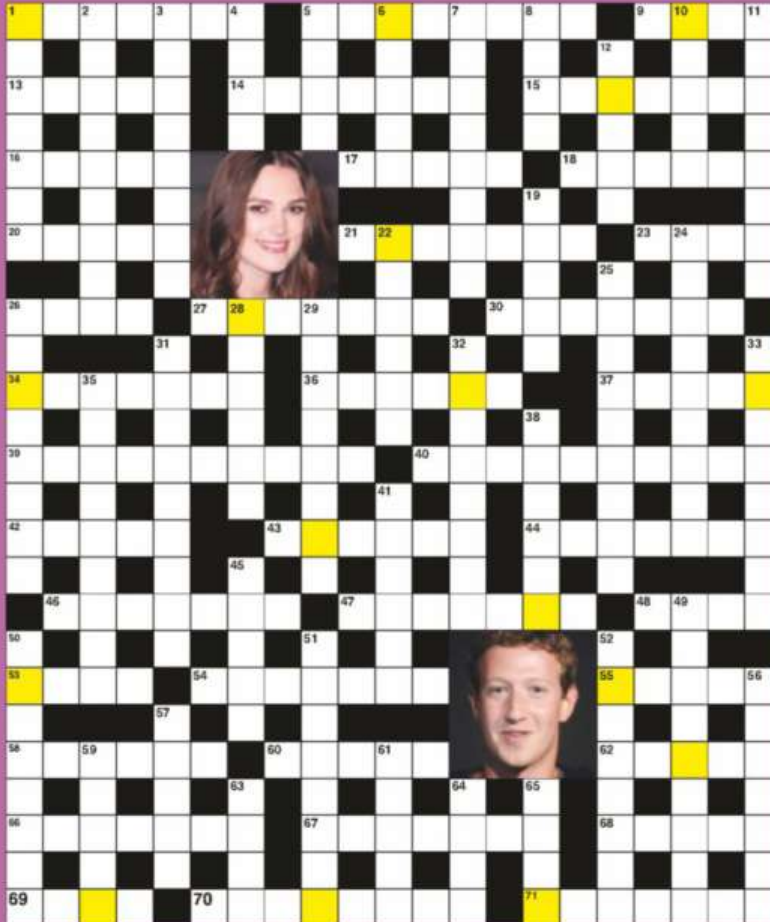
Fill in the answers in the grid below and the letters in the yellow squares will spell out the answer to this bonus question: what links British actress Keira Knightley and Facebook billionaire Mark Zuckerberg?

ACROSS

- 1 Thin pasta strands, often in soups (7)
- 5 Sermon giver (8)
- 9 Eat less to lose weight (4)
- 13 Tree sap (5)
- 14 Rearranged letters puzzle (7)
- 15 Airport near London (7)
- 16 Sign up for (5)
- 17 Play unfairly (5)
- 18 Tricky puzzle (6)
- 20 Give way under pressure (5)
- 21 Gorge in Somerset (7)
- 23 Greek cheese (4)
- 26 Table for working on (4)
- 27 Butlin's entertainer or old British soldier (7)
- 30 On the - - -, looking for a fight (7)
- 34 Navigated a corner (7)
- 36 Writer (6)
- 37 Arm joint (5)
- 39 Family's heraldic symbol or shield (4, 2, 4)
- 40 Synthetic (10)
- 42 River mammal (5)
- 43 Catnap (6)
- 44 Inconsiderate driver taking up a lot of space (4-3)
- 46 Kitchen cold store (7)
- 47 Caribbean song (7)
- 48 Wipe clean (4)
- 53 Helps (4)
- 54 Hundred years (7)
- 55 1960s dance (5)
- 58 Restore, fix (6)
- 60 Divide by two (5)
- 62 Film (5)
- 66 Largest of the apes (7)
- 67 Tough, hard-wearing (7)
- 68 Crowd scene actor (5)
- 69 Bird's shelter (4)
- 70 Customary ritual (8)
- 71 Shrove - - - (7)

DOWN

- 1 Place for rearing plants (7)
- 2 Witnesses (9)



- 3 Woman running a pub (8)
- 4 Break suddenly (4)
- 5 Baby carriage (4)
- 6 Our planet (5)
- 7 Royal Marine raider (8)
- 8 Outer rim (4)
- 10 Sugary coating (5)
- 11 Cooked food collected to eat at home (8)
- 12 Fourteen pounds (5)
- 19 Summer dish (5)
- 22 Fireplace (6)
- 24 Set up on a permanent basis (9)
- 25 Globe-shaped (9)

- 26 One who makes a 62 across (8)
- 28 Cause to be beloved (6)
- 29 Colliery pit (8)
- 31 Suspended a meeting temporarily (9)
- 32 Politeness (8)
- 33 Dusk (8)
- 35 Not changed (9)
- 38 Type of fruit (6)
- 41 Type of balloon, often with a basket (3,3)
- 45 - - - of Troy, 'the face that launched a thousand ships' (5)

- 49 Not on guest list (9)
- 50 Herb (8)
- 51 Stand with one leg either side (8)
- 52 Panicked rush (8)
- 56 Treatment, often for a mental disorder (7)
- 57 Gangway between seats (5)
- 59 Plaster of - - -, modeller's material (5)
- 61 Star sign of maiden (5)
- 63 Small eatery (4)
- 64 Do as told (4)
- 65 Trouser supporter (4)

ANSWERS

ACROSS 1 Noodles 5 Preacher 9 Diet 13 Resin 14 Anagram 15 Galwick 16 Enrol 17 Cheat 18 Enigma 20 Yield 21 Cheddar 23 Feta 26 Desk 27 Redcoat 28 Warpath 29 Elbow 30 Coat of arms 40 Artificial 42 Otter 43 Snoodle 44 Road-hog 46 Freeze 47 Calypso 48 Dust 53 Aids 54 Century 55 Twist 58 Repair 59 Half 62 Movie 66 Corolla 67 Durable 68 Extra 70 Nest 71 Takeaway 12 Stone 19 Salad 22 Hearty 23 Establishment 25 Sphered 26 Director 28 Coalmine 31 Adjoin 32 Courtesy 33 Twilight 35 Unlabeled 38 Citrus 41 Hot air 45 Helen 49 Uninvited 50 Taragon 51 Straddle 52 Stampede 56 Therapy 57 Aisle 59 Parts 61 Virgo 63 Café 64 Obey 65 Belt Bonus answer: Neither owns a TV set

Photos: PA

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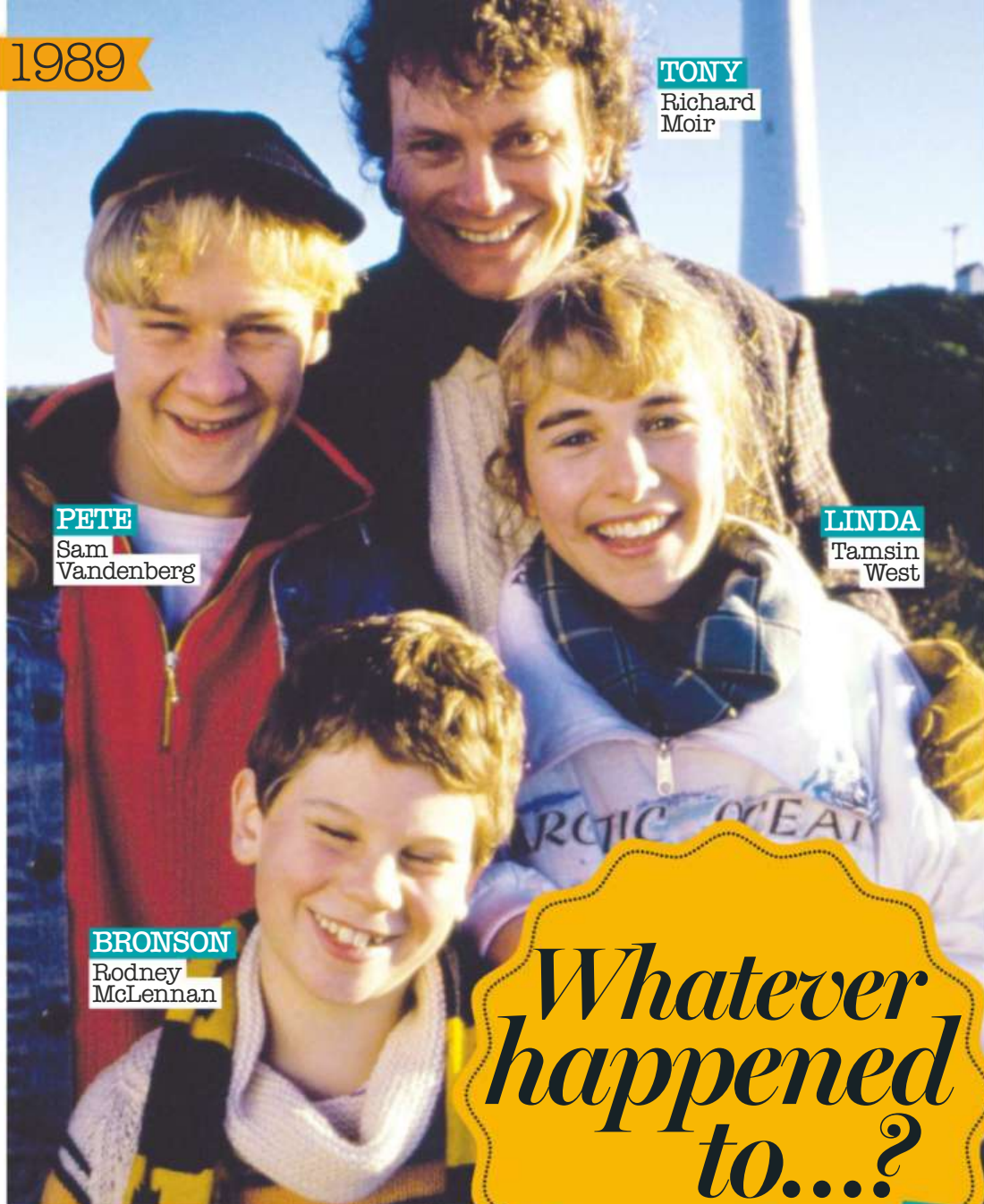
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1989



TONY
Richard Moir

PETE
Sam Vandenberg

LINDA
Tamsin West

BRONSON
Rodney McLennan

Whatever happened to....?

the cast of Round The Twist

Talk about nostalgia!

Sings 'Have you ever, ever felt like this? Strange things happen, going round the twist?' The hit Aussie kids show, which aired here in the 90s, was set in a lighthouse and depicted the wacky goings on in the lives of the Twist family – dad Tony and his three kids Pete, Linda and Bronson.

Where are they now?

Tamsin West, who originally played Linda, only appeared in the first series but sang the theme tune. She got another stab at fame as Emma Gordon in Neighbours, but put her acting career on the back burner in 1995. Now 41, she's mum to daughter Indianna, five, with husband Jason Downes. She was replaced on the show by Joelene Crnogorac. After Round The Twist she

appeared in Aussie series Snowy River: The McGregor Saga and Ocean Girl, plus Neighbours. Now 36, according to Facebook she married in 2010.

Wasn't Linda a twin?

Yes. Sam Vandenberg played her twin Pete – who can forget his blond curtains? Now 41, he left the show in 1989 and wasn't seen

on TV again until 1995 in Blue Heelers. He was also in covers band 80s Enough, but has now disappeared from the public eye.

And the other Twist kid?

Youngest child Bronson was originally played by Rodney McLennan, who married his high-school sweetheart at 21 but is no longer in showbiz. Jeffrey

Walker took over for the second series. He's since directed episodes of Home And Away, Neighbours



Another bizarre adventure for the Twist family

NOW



PETE



LINDA



TONY

and more recently Modern Family. Now 33, he's married to actress Brooke Harman and they live in the US with sons Boston, two, and two-month-old Ace.

What about dad Tony?

Richard Moir, now 64, played Tony for two series, then Andrew Gilbert took over. Andrew's acted in films such as Dirty Deeds, Look Both Ways and 2013's Backyard Ashes. But Richard's career ended after his diagnosis with Parkinson's disease in 1990. Richard has two children with his ex-wife Julie Nihill and will keep fighting the disease for their sake, saying: 'I owe it to myself and everyone around me.'

If you want to hear about or have seen a once-famous celeb – or you *are* a once-famous celeb! – get in touch at nowmagletters@timeinc.com

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